

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

From Evidence to Action

2025-2026



Boston Children's Hospital

Where the world comes for answers



HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH

Executive Summary

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This report highlights the work of the Strategic Training Initiative for the Prevention of Eating Disorders: A Public Health Incubator (STRIPED), led by Director Dr. S. Bryn Austin, during the 2025–2026 academic year. Based at the Harvard T.H. Chan School of Public Health and Boston Children’s Hospital, STRIPED brings together researchers, students, clinicians, legal scholars, and community partners to advance eating disorders prevention through research, training, and policy translation. Our work connects scientific discovery with practical opportunities to improve the environments in which young people grow, learn, and develop their sense of self. We are grateful for the generosity of our supporters and the dedication of our collaborators and trainees who make this work possible.

Since our inception in 2009, STRIPED has:

- **Prepared emerging leaders in eating disorders prevention** through mentored research, practicum fieldwork, independent study, and hands-on policy translation. Our growing network of **119 current and former trainees** is equipped with the scientific expertise and practical skills to advance eating disorders prevention through public health research and practice.
- **Expanded access to prevention education** through **164** academic seminars, professional trainings, teaching cases, and freely available online resources. These materials help students, educators, healthcare professionals, and community partners address eating disorders and related problems with food, weight, and appearance.
- **Built a foundation for research-informed public action** through studies of the social and economic costs of eating disorders, body dissatisfaction, and appearance-based discrimination. Working across disciplines, we translate findings into reports, educational materials, and tools that make research accessible to audiences beyond academia.

During 2025–2026, this work advanced through new educational resources, research collaborations, and opportunities for trainees and youth advocates.

A few highlights from the past year include:

Strengthening the Evidence Infrastructure

STRIPED's Eating Disorders Public Health Surveillance Working Group continued bringing together state survey coordinators, epidemiologists, researchers, and clinicians to address gaps in eating disorders monitoring. Building on the coalition's contribution to the inclusion of a binge eating item in the 2025 National Youth Risk Behavior Survey, our work supports a stronger foundation for understanding youth experiences. The CDC's recent *Morbidity and Mortality Weekly Report (MMWR)*, featuring findings from the new 2025 binge eating data, marks an important milestone in national eating disorder surveillance.

Modernizing judicial education on social media impacts on youth mental health

In May 2026, STRIPED offered *Social Media Platform Design, Algorithmic Systems, and Digital Harm: A Virtual Judicial Training for Judges and Law Clerks*. Together with our new Judicial Primer, this training explains engagement-based algorithms, platform design, and questions surrounding digital harm in accessible language. The recorded training and accompanying materials extend STRIPED's educational work to judges, law clerks, and other legal professionals seeking to understand these technologies and their relationship to youth well-being.

Supporting youth leadership

Since the STRIPED Youth Corps was established in 2021, more than **150 high school youth** have received training and hands-on civic engagement experience through the Out of Kids' Hands Campaign. In 2026, Youth Corps members played a crucial role in the successful passage of California Assembly Bill 2030, signed into law on September 28, 2026. Through youth-led advocacy, coalition building, and engagement with state policymakers, young advocates helped advance legislation protecting minors from harmful weight-loss and muscle-building supplements. This milestone demonstrates the impact of youth civic engagement in translating public health advocacy into meaningful policy change.

Artificial intelligence in public health

STRIPED trainees Stanley Huang and Chuying Huo contributed to research examining generative AI applications in eating disorders policy advocacy, described in a 2026 publication in the *International Journal of Eating Disorders*. Alongside trainee research on AI detection of colorism in skin-lightening advertisements, this work reflects STRIPED's commitment to bringing emerging methods into interdisciplinary public health training.

Advancing research on inequities and prevention

STRIPED Visiting Scholar Chloe Gao, along with STRIPED researchers and collaborators, examined eating disorder risk and diagnosis among East Asian youth, racial and ethnic inequities in potentially harmful supplement use, and the role of campus environments in eating disorder inequities. STRIPED faculty member Dr. Ariel Beccia helped lead a team with STRIPED Collaborating Mentor Amanda Raffoul that received the Consortium for Research in Eating Disorders' Next Big Research Idea award.

Training remained central to each of these efforts. During 2025–2026, trainees contributed to projects spanning social media, treatment access, economic evaluation, colorism, and discrimination. Practicum students examined access to eating disorder care and the implementation and economic dimensions of prevention policy, while independent study students explored the application of research to legislation and advocacy to address weight discrimination. These experiences connect rigorous scholarship with the practical questions facing communities, practitioners, and decision-makers.

Looking ahead, STRIPED's ongoing projects provide a foundation for the next phase of our work:

- **Making surveillance data useful for prevention.** We will continue collaborating with state and national partners to strengthen eating disorders monitoring and support the interpretation and communication of findings. Our goal is to help researchers and public health professionals identify unmet needs and develop more informed prevention strategies.
- **Deepening understanding of social media and youth health.** Our ongoing simulation modelling research examines the relationship between social media exposure and eating disorders. Alongside our interdisciplinary research and educational resources, this work seeks to clarify the population health implications of digital environments.
- **Connecting prevention research with questions of cost, access, and equity.** Ongoing economic evaluation and treatment-access projects examine where needs remain unmet and how prevention approaches could affect health and resource use. We will continue translating this research into accessible materials for public health professionals, community partners, and other audiences.

With continued support, STRIPED will build on these efforts to prepare the next generation of prevention leaders and advance our mission to create a society where girls, boys, and people of all genders can grow up at home in their own bodies.

What Is STRIPED?

STRIPED is a graduate-level training initiative based at the Harvard T.H. Chan School of Public Health (Harvard Chan School) and Boston Children's Hospital (BCH). We bring together experts in eating disorders, public health, adolescent preventive medicine, health law, policy, economics, geography, and many other disciplines to create a public health incubator, a place where transdisciplinary collaborations catalyze crosscutting, innovative approaches to eating disorders prevention.

Mission

Our mission is to train the next generation of health professionals to harness the power of public health to prevent eating disorders and related problems with food, weight, and appearance. We strive to create a society where girls, boys, and people of all genders can grow up at home in their own bodies.

The well-documented health risks of eating disorders and the high numbers of youth engaging in dangerous behaviors in attempts to control their weight and shape underscore the critical need for prevention. But current prevention efforts are not adequate. Prevention strategies are needed on a large scale to reach the millions of youth at risk. They also need to reach young people early, before they have started down the path of escalating weight and shape control behaviors that can eventually lead to an eating disorder and other serious health problems.

Substantial advances in our capacity to prevent eating disorders and dangerous weight and shape control behaviors will require concerted effort to integrate eating disorders prevention into the curricula of the nation's training programs producing the next generation of public health and adolescent health professionals. Our mission with STRIPED is to do exactly that: To bring eating disorders prevention into the mainstream of training for public health and adolescent preventive medicine.

Training Strategy

STRIPED is designed to be easily integrated into the existing training format at the Harvard Chan School and BCH. The six training components of our initiative are: Research Projects, Practicum Fieldwork, Independent Study Course, Academic Seminars, Case-Based Curriculum, and Policy Translation. We provide trainees with research opportunities that help them develop content expertise in prevention of eating disorders and dangerous weight and shape control behaviors and the methodological expertise needed to conduct rigorous scientific research. Trainees are linked with opportunities to take part in research projects, provided with funding so they can devote the time needed to carry out the projects, and mentored by experts in the field. In addition, trainees are able to apply for an annual Early Career Development Research Award to carry out their own independent research.

We also link trainees with practicum opportunities and provide support for them to carry out fieldwork focused on eating disorders prevention. For interested Harvard Chan School students, we offer the independent study course “Independent Study in Eating Disorders Prevention: A Strategy Incubator,” which provides mentorship from STRIPED faculty to help students generate novel, transdisciplinary strategies to prevent eating disorders and the spectrum of disordered weight- and shape-control behaviors. Students work closely with Dr. Bryn Austin to develop innovative approaches for prevention that expand beyond the bounds of current thinking in the field.

Through academic seminars, we incorporate academic sessions on topics related to eating disorders prevention into a range of standing seminars and courses offered at Harvard Chan School and BCH in addition to film screenings and discussions for the wider community. Our case-based curriculum, both in traditional classroom settings and with online learning communities, engages learners in real-world dilemmas, problem solving, and teamwork to tackle current, high-impact issues in eating disorders prevention.

STRIPED offers travel scholarships for trainees to attend the Eating Disorders Coalition Congressional Advocacy Day on Capitol Hill to give them first-hand experience in effective policy advocacy for public health. At these Advocacy Days, STRIPED is represented by a diverse group of passionate students, researchers, and clinicians who travel to meet with members of Congress and their staff to tell them in their own words about the devastating impact of eating disorders and the urgent need for prevention.

Using policy translation strategies to put democracy into action, our team joins like-minded people from all walks of life and from all across the country to convey to our national leaders how urgent the problem of eating disorders is and how vast the suffering and inequities in access to care and evidence-based prevention.

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Tricia Rodriguez, MPH, Comparative Health Outcomes, Policy, and Economics Institute, University of Washington

Kelsey Rose, MPH, LEAH Nutrition Fellow, Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

Meera Ruparelia, BS, Health Policy & Law, Mental Health & Substance Use, Boston University School of Public Health

Meg Salvia, MS, RDN, Population Health Sciences, Nutrition, Harvard Chan School

Leahy Ish Shalom, BA, Harvard Graduate School of Education

Marlena Skrabak, History & Science (Medicine and Society) and French, Harvard College

Samantha Turner, BS, RN, Graduate School of Nursing, University of Massachusetts Medical School

Wanqing Xu, BA, Epidemiology, Nutrition and Global Health Concentration, Harvard Chan School

2019-2020

Evelyn Atwater, BA, Harvard Law School

Allison Baker, MPH, Social and Behavioral Sciences, Harvard Chan School

Ariel Beccia, MS, Population and Quantitative Health Sciences, University of Massachusetts Medical School

Hannah Cory, MPH, RD, Nutrition, Harvard Chan School

Stefani Karr, BA, Health Policy and Management, Harvard Chan School

Longxiang Li, MS, Environmental Health, Harvard Chan School

Todd Liou, BA, Health Policy and Management, Harvard Chan School

Gabe Murchison, MPH, Social and Behavioral Sciences, Harvard Chan School

Tricia Rodriguez, MPH, Comparative Health Outcomes, Policy, and Economics Institute, University of Washington

Kelsey Rose, MPH, Dietetic Intern, Simmons University

Kendall Sharp, BA, Social and Behavioral Sciences, Harvard Chan School

Tammy (Jiachen) Yan, BA, Prevention Science and Practice (Adolescent Counseling),
Harvard Graduate School of Education

2018-2019

Allison Baker, MPH, Social and Behavioral Sciences, Harvard Chan School

Hannah Cory, MPH, RD, Nutrition, Harvard Chan School

Stefani Karr, BA, Health Policy and Management, Harvard Chan School

Longxiang Li, MS, Environmental Health, Harvard Chan School

Supriya Misra, MA, Social and Behavioral Sciences, Harvard Chan School

Gabe Murchison, MPH, Social and Behavioral Sciences, Harvard Chan School

Tricia Rodriguez, MPH, Comparative Health Outcomes, Policy, and Economics Institute,
University of Washington

Jordan Schultz, BA, Epidemiology and Biostatistics, Boston University School of Public
Health

Kendall Sharp, BA, Social and Behavioral Sciences, Harvard Chan School

Thamara Subramanian, BS, Social and Behavioral Sciences, Harvard Chan School

Alvin Tran, ScD, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan
School

Amanda Waldron, RD, Division of Adolescent Medicine, Boston Children's Hospital

Breanne Wilhite, BA, Social and Behavioral Sciences, Harvard Chan School

Kuanysh Yergaliyev, MD, MPH, Public Health Leadership, Harvard Chan School

2017-2018

Katelyn Ferreira, BA, Social and Behavioral Sciences, Harvard Chan School

Monica Kriete, BA, social and Behavioral Sciences, Harvard Chan School

Longxiang Li, MS, Environmental Health, Harvard Chan School

Supriya Misra, MA, Social and Behavioral Sciences, Harvard Chan School

Flora Or, ScD, MHS, Social and Behavioral Sciences, Harvard Chan School

Thamara Subramanian, BS, Social and Behavioral Sciences, Harvard Chan School

Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School

Breanne Wilhite, BA, Social and Behavioral Sciences, Harvard Chan School

Kuanysh Yergaliyev, MD, MPH, Public Health Leadership, Harvard Chan School

2016-2017

Emilie Doan Van, BA, Social and Behavioral Sciences, Harvard Chan School

Katelyn Ferreira, BA, Social and Behavioral Sciences, Harvard Chan School

Allegra Gordon, ScD, MPH, Division of Adolescent and Young Adult Medicine, BCH

Xindi (Cindy) Hu, MS, Environmental Health, Harvard Chan School

Yongjoo Kim, PhD, MPH, Social and Behavioral Sciences, Harvard Chan School

Monica Kriete, BA, Social and Behavioral Sciences, Harvard Chan School

Longxiang Li, MS, Environmental Health, Harvard Chan School

Ayesha McAdams-Mahmoud, MPH, Social and Behavioral Sciences, Harvard Chan School

Flora Or, MHS, Social and Behavioral Sciences, Harvard Chan School

Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School

Kuanysh Yergaliyev, MD, MPH, Public Health Leadership, Harvard Chan School

2015-2016

Allegra Gordon, ScD, MPH, Division of Adolescent and Young Adult Medicine, BCH

Xindi (Cindy) Hu, MS, Environmental Health, Harvard Chan School

Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School

Yongjoo Kim, PhD, MPH, Social and Behavioral Sciences, Harvard Chan School

Esther Li, BS, Social and Behavioral Sciences, Brown University School of Public Health

Longxiang Li, MS, Environmental Health, Harvard Chan School

Ayesha McAdams-Mahmoud, MPH, Social and Behavioral Sciences, Harvard Chan School

Ariane Moss, MS, Harvard Law School

Flora Or, MHS, Social and Behavioral Sciences, Harvard Chan School

Aryn Phillips, BA, Social and Behavioral Sciences, Harvard Chan School

Marysa Sheren, BA, Technology, Innovation & Education, Harvard Graduate School of Education

Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School

Trine Tetlie Eik-Nes, MSc, Neuroscience, Norwegian University of Science and Technology

Suzanne Wintner, MPH, Social and Behavioral Sciences, Harvard Chan School

Kuanysh Yergaliyev, MD, MPH, Public Health Leadership, Harvard Chan School

Sara Ziff, BA, Public Administration, Harvard Kennedy School, Founder of the Model Alliance

2014-2015

Amy Brunner, BA Technology, Innovation & Education, Harvard Graduate School of Education

Elizabeth Cheever, BS, Computational Biology and Quantitative Genetics, Harvard Chan School

Allegra Gordon, MPH Social and Behavioral Sciences, Harvard Chan School

Ryan Huerto, MEd, Social and Behavioral Sciences, Harvard Chan School

Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School

Emily Kroshus, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School

Anvita Kulkarni, BA Social and Behavioral Sciences, Harvard Chan School

Esther Li, BS, Behavioral and Social Sciences, Brown University of Public Health

Selena Hua Liu, MS, Social and Behavioral Sciences, Harvard Chan School

Kate Makaroff, Neurobiology and Global Health & Health Policy, Harvard College

Morgan Redman, BA, Social and Behavioral Sciences, Harvard Chan School

Alvin Tran, MPH, Nutrition and Social and Behavioral Sciences, Harvard Chan School

2013-2014

Lakendra Barajas, Harvard Law School

Grant Barbosa, Harvard Law School

Kelly Bauer, Concentration in Global Health and Health Policy, Harvard College

Samantha Glover, Harvard Law School

Allegra Gordon, MPH, Social and Behavioral Sciences, Harvard Chan School

Brigitte Granger, BA, Social and Behavioral Sciences, Harvard Chan School

Erica Kenney, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School

Emily Kroshus, MPH, Social and Behavioral Sciences, Harvard Chan School

Eric Nazar, Harvard Graduate School of Education

Selena Hua Liu, Social and Behavioral Sciences, Harvard Chan School

Hyungi LeAnn Noh, MS, Social and Behavioral Sciences, Harvard Chan School

Morgan Redman, MS, Social and Behavioral Sciences, Harvard Chan School

2012-2013

Kelly Bauer, Concentration in Global Health and Health Policy, Harvard College

Katherine Cohen Cooper, Harvard Law School

Bernice Garnett, ScD, MPH, Social and Behavioral Sciences, Harvard Chan School

Brigitte Granger, Social and Behavioral Sciences, Harvard Chan School

Allegra Gordon, MPH, Social and Behavioral Sciences, Harvard Chan School

Matías Irarrázaval, MD, Social and Behavioral Sciences, Harvard Chan School

Yushan Jiang, MS, Global Health and Population, Harvard Chan School

Yongjoo Kim, PhD, Social and Behavioral Sciences, Harvard Chan School

Emily Kroshus, MPH, Social and Behavioral Sciences, Harvard Chan School

Hyungi LeAnn Noh, Social and Behavioral Sciences, Harvard Chan School

2011-2012

Rob Buelow, BA, Society, Human Development and Health, Harvard Chan School

Jerel Calzo, PhD, Division of Adolescent and Young Adult Medicine, BCH

Katherine Cohen Cooper, Harvard Law School

Bernice Garnett, MPH, Society, Human Development and Health, Harvard Chan School

Allegra Gordon, MPH, Society, Human Development and Health, Harvard Chan School

Leah Hawkins, MD, Society, Human Development and Health, Harvard Chan School;
HMS

Emily Kroshus, MPH, Society, Human Development and Health, Harvard Chan School

Elisabeth Malin, BA, Health Policy and Management, Harvard Chan School

Boram Seo, MD, Society, Human Development and Health, Harvard Chan School

Monica Wang, MS, Society, Human Development and Health, Harvard Chan School

2010-2011

Maliha Ali, MD, Maternal and Child Health, Harvard Chan School

Rob Buelow, BA, Society, Human Development and Health, Harvard Chan School

Jerel Calzo, PhD, Division of Adolescent and Young Adult Medicine, BCH

Meagan Campol, BA, Maternal and Child Health, Harvard Chan School

Meredith Chace, MS, Health Policy and Management, Harvard Chan School

Bernice Garnett, MPH, Society, Human Development and Health, Harvard Chan School

Emily Kroshus, MPH, Society, Human Development and Health, Harvard Chan School

Jenna Kruger, BA, Health Policy, Yale University

Lisa Taylor, Harvard Law School

Monica Wang, MS, Society, Human Development and Health, Harvard Chan School

2009-2010

Bernice Garnett, MPH, Society, Human Development and Health, Harvard Chan School

Emily Kroshus, MPH, Society, Human Development and Health, Harvard Chan School

Monica Wang, MS, Society, Human Development and Health, Harvard Chan School

Youth Corps

2025-2026

Spring 2026

Jad Abdel Nour, Student at Yale University, Connecticut

Qingqing Chen, 11th Grade, Hawaii

Amy Gu, 12th Grade, Maryland

Erina Haque, Student at Vanderbilt, Tennessee

Helena Huynh, Student at Boston University, Massachusetts

Sandhya Konar, Student at Queens University, North Carolina

Isabella Man, Student at Occidental College, California

Sahana Srikanth, 12th Grade, Ohio

Rewa Srivastatava, 11th Grade, North Carolina

Sananda Sudhakar, 12th Grade, Michigan

Corlie Zhuang, 12th Grade, Washington

Fall 2025

Gaurish Agrawal, College Student, Missouri

Erina Haque, Student at Vanderbilt, Tennessee

Helena Huynh, Student at Boston University, Massachusetts

Anya Kleinman, High School Student, Maryland

Arjun Krishnagopol, 12th grade, Pennsylvania

Caleb Song, Student at Washington University, Missouri

Sahana Srikanth, 12th Grade, Ohio

Sananda Sudhakar, 12th Grade, Michigan

Ketan Tamirisa, College Student in Missouri

Corlie Zhuang, 12th Grade, Washington

2024-2025

Erina Haque, 12th Grade, Virginia

Helena Huynh, Student at Boston University, Massachusetts

Anya Kleinman, 12th Grade, Maryland

Arjun Krishnagopal, 12th grade, Pennsylvania

Aryan Reddy, Student at UT Austin, Texas

Caleb Song, 12th Grade, Illinois, USA

Nuha Salam, 12th Grade, Massachusetts, USA

Malini Sampath, Junior at Dartmouth College, New Hampshire

Shreya Sanjay, High School Student, New Jersey

Sahana Srikanth, 11th Grade, Ohio

Sanada Sudhakar, 11th Grade, Michigan

Ketan Tamirisa, Freshman at Washington University, Missouri

Arshia Verma, Student at University of Texas at Austin, Texas

Tisya Verma, 10th Grade, Texas

Corlie Zhang, 11th Grade, Washington

2023-2024

Jad Abdel Nour, 12th Grade, California

Anneliese Conine, 11th Grade, New Hampshire

Sarah Cheng, 12th Grade, New York

Veerika Dube, 12th Grade, New York

Chuying Huo, 12th Grade, London, Ontario, Canada

Vamsi Krishna, 12th Grade, Pennsylvania

Megan Kwok, 12th Grade, London, England

Najman Mahbouba, 12th Grade, California

Udgita Pamidigantam, 12th Grade, New Jersey

Pari Patel, Student at New York Institute of Technology, New York

Aryan Reddy, Student at UT Austin, Texas

Nikhil Reddy, 12th grade, Southlake, Texas

Ailsa Sun, Student at UC Berkeley, California

Sahana Srikanth, 11th Grade, Ohio

Lucy Takura, 12th Grade, Wellington College International, Shanghai, China

Ketan Tamirisa, Student at Washington University, Missouri

Arshia Verma, Student at University of Texas at Austin, Texas

2022-2023

Tasmia Afrin, 12th Grade, Queens, New York

Siya Angras, 12th Grade, Piscataway, New Jersey

Charlotte Chiang, 12th Grade, California

Saket Datla, 12th Grade, Hyderabad, India

Jessie Dong, 12th Grade, New York

Caroline Hodi, 12th Grade, Massachusetts

Chuying Huo, 12th Grade, London, Ontario, Canada

Sabeen Khalid, 12th Grade, New York

Vamsi Krishna, 12th Grade, Pennsylvania

Diya Girish Kumar, 11th Grade, Connecticut

Megan Kwok, 11th Grade, London, England

Najman Mahbouba, 11th Grade, California

Juliet Bou Mansour, 12th Grade, New Jersey

Jaanak Prashar, 11th Grade, Texas

Edward Thomas, 11th Grade, Illinois

Kelsey Wu, 12th Grade, California

Madison Zeng, 12th Grade, New York

2021-2022

Tasmia Afrin, 11th Grade, New York

Ryan Ahmed, 12th Grade, New York

Joanne Chung, 12th Grade, New York

Saket Dakla, 11th Grade, Hyderabad, India

Tejas Devata, 12th Grade, Texas

Stanley Huang, 12th Grade, New York

Chuying Huo, 10th Grade, London, Ontario, Canada

Diya Girish Kumar, 10th Grade, Connecticut

Sabeen Khalid, 11th Grade, New York

Megan Kwok, 10th Grade, London, England

Jaanak Prashar, 10th Grade, Texas

Edward Thomas, 10th Grade, Illinois

Kelsey Wu, 11th Grade, California

Alexandra Xu, 12th Grade, New Jersey

Madison Zeng, 11th Grade, New York

2020-2021

Tasmia Afrin, 10th Grade, New York

Anisa Bhandari, 12th Grade, London, England

Stanley Huang, 11th Grade, New York

Kelsey Wu, 10th Grade, California

Joanne Chung, 11th Grade, New York

Funding Sources

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STRIPED is also grateful for the generous support of Jennifer Perini from 2016 to the present.

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American Association of Law Libraries (2026-2027)

Anonymous (2019–2023)

Jean Marie Arduino (2017)

Association of Teachers of Maternal and Child Health (2016)

Becca Schmill Foundation (2022; 2022–2026)

Anisa S. Bhandari (2021)

Boston Children's Hospital Translational Research Program (2018)

Canadian Institutes of Health Research Fellowship, PI Raffoul (2020–2023)

Delta Delta Delta Fraternity & the Center for Living, Learning & Leading, Inc. (2011)

Dove Self-Esteem Project (2020–2021; 2022–2023)

Harvard Catalyst (2017–2018)

Harvard Chan School Curriculum Innovation Grant (2015)

Harvard Initiative for Learning and Teaching (2016–2017; 2017–2018)

Denise and Daniel Hamburger (2019–2026)

Institutional Centers for Clinical and Translational Research, Boston Children’s Hospital (2022)

Janssen Research and Development, Johnson & Johnson (2017–2018)

William Landreth (2021–2026)

National Adolescent and Young Adult Health Research Network (AYAH-RN) (2017–2018)

National Eating Disorders Association (2015–2017)

Network of the National Library of Medicine, PI Kavanaugh (2023–2024)

Office on Dietary Supplements, National Institutes of Health (2021)

Office on Women’s Health, U.S. Department of Health and Human Services (2018)

Residential Eating Disorders Consortium (REDC) (2024-2025)

Rhode Island Foundation/Ophelia’s Place (2011; 2014)

Robert Wood Johnson Foundation Seed Grants (2010–2011; 2012–2013)

Robert Wood Johnson Foundation Research Grant (2024–2026)

Ruth L. Kirschstein Postdoctoral Individual National Research Service Award F32, PI Beccia (2022–2025)

Amy Spies (2012–2015)

U.S. Department of Defense (2019–2024)

U.S. Maternal and Child Health Bureau/Health Resources and Services Administration training grants T76-MC00001, PI Tiemeier, and Leadership Education in Adolescent Health Project T71-MC00009, PI Emans/Pitts (2009–2026)

Shilpa Vadodaria (2022)

Willamette Nutrition Source, LLC (2018)

STRIPED Early Career Development Awards

2022-2023

Ariel Beccia: Structural Stigma and Eating Disorders in LGBTQ+ Youth Populations: Examining Early Life-Course and Intersectional Effects

Kelsey Kinderknecht: Exploring feelings, emotions, judgements, and internalized stigma related to food behaviors among caregivers of young children

2021-2022

Amanda Raffoul: Exploring Diet-Related Content and Product Advertising on TikTok: A Pilot Study

2020-2021

Wanqing Xu & Andrea López-Cepero: Association Between Food Insecurity and Dysfunctional Eating Behaviors Among Puerto Rican Adults

2019-2020

Flora Or: Adverse Events Due to Dietary Supplements: Disparities in Severe Outcomes by Gender, Age, and Supplement Type

2018-2019

Josiemer Mattei & Hannah Cory: Sociocultural Weight Stigma and Disordered Eating Behaviors in Latinx Adolescents

Kuanysh Yergaliyev: Policy Translation to Improve Regulation of Dietary Supplements for Weight Loss and Muscle Building Sold to Youth in Massachusetts Municipalities

2016-2017

Allegra Gordon: The BOLD Study: Being Ourselves, Living in Diverse Bodies

Yongjoo Kim: Identifying Sociocontextual Influences on Eating Disorders Risk Among Adolescents in South Korea

2015-2016

Erica Kenney: Do Schools Unintentionally Promote Unhealthy Weight Control Behaviors With Their Health Promotion Programs?

Flora Or: Adverse Events in the Past Decade: Are Dietary Supplements Truly Safe Until Proven Otherwise?

2014-2015

Emily Kroshus: Primary and Secondary Prevention of Disordered Eating in Sports Settings: Understanding Determinants of Coach Behaviors and Developing Strategies for Change

Allegra Gordon: Project Body Talk: Experiences of Weight and Shape Control Among Young Transgender Women

2013-2014

Erica Kenney: Measuring Weight-Based Discrimination in School Settings

Emily Kroshus: Group Processes for Risk and Prevention of Unhealthy Behaviors on College Sports Teams

2012-2013

Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth

Emily Kroshus: Health and Performance Promotion as Eating Disorder Prevention? Understanding the Role of Healthy Athletic Behaviors as Protective for Disordered Eating on Female Collegiate Sports Teams

2011-2012

Bernice Garnett: The Intersection Between Weight-Based Discrimination and Racial Discrimination: A Mixed-Methodology Study With Ethnically Diverse Youth

Monica Wang: Risk and Protective Factors of Disordered Weight Control Behaviors among Youth

Research Opportunities for Trainees

2025-2026

Trainee: Ryan Ahmed
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Caroline Berish
Project: Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Riley Houldsworth
Project: Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Stanley Huang
Project: AI Advocacy Tools
Faculty Mentors: Bryn Austin

Trainee: Chuying Huo
Project: AI Advocacy Tools
Faculty Mentors: Bryn Austin

Trainee: Mallory Kean
Project: Social Media Legal Research Study

Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Destiny Jackson

Project: CROWN Project

Faculty Mentor: Bryn Austin

Trainee: Yuning Liu

Project: Social Media Simulation Modelling Study

Faculty Mentors: Bryn Austin, Zach Ward

Trainee: Junjie Anderson Lu

Project: AI Detection of Colorism in Skin-Lightening Advertising

Faculty Mentor: Bryn Austin

Trainee: Pari Patel

Policy Translation for Out of Kids' Hands Campaign

Faculty Mentor: Bryn Austin

Trainee: Arshia Verma

Policy Translation for Out of Kids' Hands Campaign

Faculty Mentor: Bryn Austin

2024-2025

Trainee: Caroline Berish

Social Media Legal Research Study

Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Stephanie Diamond

Social Media Legal Research Study

Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Mallory Kean

Social Media Legal Research Study

Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Joanne Chung

Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Stanley Huang
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn Austin

Trainee: Chuying Huo
Mapping Eating Disorders Treatment Services Nationwide
Faculty Mentor: Lingbo Liu

Trainee: Yuning Liu
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn Austin

Trainee: Junjie Anderson Lu
Advertising and colorist implications
Faculty Mentor: Bryn Austin

2023-2024

Trainee: Mackenzie Almassian
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Stanley Huang
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Stanley Huang
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn Austin

Trainee: Yuning Liu
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn Austin

Trainee: Egbe Ndip-Agbor
CROWN Act Study
Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Meg Salvia
Social Media Legal Research Study
Faculty Mentor: Bryn Austin

Trainee: Meekang Sung
Social Media, Deceptive Design, and Eating Disorders
Faculty Mentor: Bryn Austin

2022-2023

Trainee: Ryan Ahmed
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Mackenzie Almassian
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Upanita Barman
Economic Costs of the Bill to Ban the Sale of Diet Pills and Muscle-Building Supplements
Faculty Mentor: Bryn Austin

Trainee: Valeria Duran
TikTok Marketing of Dietary Supplements
Faculty Mentor: Amanda Raffoul

Trainee: Nat Egan
Radcliffe Seminar: Re-envisioning the Future of BMI Surveillance
Faculty Mentor: Bryn Austin

Trainee: Meghan Harshaw
Commercial Determinants of Health

Faculty Mentor: Bryn Austin

Trainee: Destiny Jackson

Dietary Supplement Use in the COVID-19 Pandemic

Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Madeline Jones

Social Media Legal Research Study

Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Anderson (Junjie) Lu

TikTok Marketing of Dietary Supplements

Faculty Mentors: Amanda Raffoul

Trainee: Egbe Ndip-Agbor

CROWN Act Study

Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Oluwadunni Ojumu

Social Media Legal Research Study

Faculty Mentor: Bryn Austin

Trainee: Pari Patel

Policy Translation for Out of Kids' Hands Campaign

Faculty Mentor: Bryn Austin

Trainee: Meg Salvia

Social Media Legal Research Study

Faculty Mentor: Bryn Austin

Trainee: Ye Shen

Microsimulation Study

Faculty Mentor: Amanda Raffoul

Trainee: Rebecca Sutton

Social Media Legal Research Study

Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Samantha Turner
Dietary Supplement Use in the COVID-19 Pandemic in Nurses
Faculty Mentors: Bryn Austin and Amanda Raffoul

Trainee: Arshia Verma
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Julia Vitagliano
Dietary Supplements Label Database
Faculty Mentor: Bryn Austin

2021-2022

Trainee: Ariel Beccia
Dietary Supplement Use in the COVID-19 Pandemic
Faculty Mentor: Bryn Austin

Trainee: Valeria Duran
TikTok Marketing of Dietary Supplements
Faculty Mentor: Amanda Raffoul

Trainee: Destiny Jackson
Dietary Supplement Use in the COVID-19 Pandemic
Faculty Mentor: Bryn Austin

Trainee: Madeline Jones
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Rakesh Kathiresan
Use of Protein Powders and Muscle-Building Supplements by Young Men in their Drive
for Muscularity
Faculty Mentors: Amanda Raffoul and Bryn Austin

Trainee: Mary Lee

Risky Dietary Supplement Use in the US Air Force
Faculty Mentor: Bryn Austin

Trainee: Junjie (Anderson) Lu
TikTok Marketing of Dietary Supplements
Faculty Mentor: Amanda Raffoul

Trainee: Miriam Nelson
Policy Translation for Out of Kids' Hands Campaign
Faculty Mentor: Bryn Austin

Trainee: Oluwadunni Ojumu
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Even Paglisotti
Research-to-Policy Translation Project
Faculty Mentor: Bryn Austin

Trainee: Meg Salvia
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Rebecca Sutton
Social Media Legal Research Study
Faculty Mentors: Nancy Costello and Bryn Austin

Trainee: Marlana Skrabak
STRIPED Advocacy Playbook
Faculty Mentor: Bryn Austin

Trainee: Samantha Turner
Dietary Supplement Use in the COVID-19 Pandemic in Nurses
Faculty Mentors: Bryn Austin and Amanda Raffoul

2020-2021

Trainee: Ariel Beccia
Changes in Dietary Supplement Use During the COVID-19 Pandemic
Faculty Mentor: Bryn Austin

Trainee: Tricia Rodriguez
Applied Methods for Estimating Transition Probabilities from Electronic Health Record Data
Faculty Mentor: Davene Wright

Trainee: Marlena Skrabak
STRIPED Advocacy Playbook
Faculty Mentor: Bryn Austin

2019-2020

Trainee: Kelsey Rose
Youth Impressions of “Influencer”- based Advertising for Weight Loss Supplements;
ARFID Protocol Project
Faculty Mentors: Suman Ambwani and Tracy Richmond

Trainee: Ariel Beccia
Eating-related pathology at the intersection of sex/gender, sexual orientation, and weight status: Population patterns and social-structural determinants
Faculty Mentor: Bryn Austin

Trainee: Allison Baker
Mixed-Methods Analysis of Media Literacy and Body and Eating Concerns in LGBTQ+ Young Adults (from the STRIPED-funded Being Ourselves, Living in Diverse Bodies (BOLD) Study)
Faculty Mentor: Allegra Gordon

Trainee: Gabe Murchison
Two manuscripts using data from the mixed methods Body Image, Sexual Health, and Relationships Project (B*SHARP)
Faculty Mentor: Allegra Gordon

Trainee: Tricia Rodriguez

Applied Methods for Estimating Transition Probabilities from Electronic Health Record Data

Faculty Mentor: Davene Wright

Trainee: Kendall Sharp

Monitoring Peer-to-Peer, Social Media Communication by Military Personnel About Dietary Supplements Used for Weight Loss and Sports Performance: A Pilot Content Analysis of 11 Years of Posts on the Reddit Platform

Faculty Mentor: Bryn Austin

Trainee: Stefani Karr

REAL Certification Development Project

Faculty Mentor: Bryn Austin

Trainee: Evelyn Atwater

Citizen Petition Requesting that FDA Determine that Weight-Loss Claims Made on Dietary Supplements Are Classified as Disease Claims

Faculty Mentor: Bryn Austin

2018-2019

Trainee: Allison Baker

Body Image and Social Media Literacy in LGBTQ+ Young Adults: A Mixed Methods Analysis

Faculty Mentor: Allegra Gordon

Trainee: Stefani Karr

REAL Certification Development Project

Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim

Are Dietary Supplements Truly Safe Until Proven Otherwise?

Faculty Mentor: Bryn Austin

Trainee: Tricia Rodriguez

The Economic Case for Eating Disorders Prevention and Early Detection: A
Comparative Cost-Effectiveness Analysis of Six Intervention Strategies
Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Kendall Sharp
Eating Disorders Prevention for Transgender Young Adults: An Intervention Mapping
Approach
Faculty Mentor: Allegra Gordon

Trainee: Kendall Sharp
Social Media Mapping of Consumers' Informal Communications about Weight-Loss
Supplements
Faculty Mentor: Bryn Austin

Trainee: Amanda Waldron
A content Analysis of "Clean Eating" Websites and Their Health Claims
Faculty Mentors: Suman Ambwani and Bryn Austin

Trainee: Breanne Wilhite and Caitlin McBride
Legal Avenues to Address the Harmful Effects of Photoshopping in the Media
Faculty Mentor: Bryn Austin

Trainee: Kuanysh Yergaliyev
Protecting Youth from Diet Pills and Dietary Supplements for Weight Loss and Muscle
Building
Faculty Mentor: Bryn Austin

2017-2018

Trainee: Breanne Wilhite and Caitlin McBride
Legal Avenues to Address the Harmful Effects of Photoshopping in the Media
Faculty Mentor: Bryn Austin

Trainee: Xindi (Cindy) Hu
The Economic Case for Eating Disorders Prevention and Early Detection: A
Comparative Cost-Effectiveness Analysis of Six Intervention Strategies
Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Longxiang Li

Study of Predictors of Spatial Location Patterns and Density of Businesses Offering Cosmetic Surgery and Cosmetic Procedures with Negative Health Effects in Seven Major Metropolitan Areas of the United States

Faculty Mentor: Bryn Austin

Trainee: Kuanysh Yergaliyev

Protecting Youth from Diet Pills and Dietary Supplements for Weight Loss and Muscle Building

Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim

Are Dietary Supplements Truly Safe Until Proven Otherwise?

Faculty Mentor: Bryn Austin

2016-2017

Trainee: Xindi (Cindy) Hu

The Economic Case for Eating Disorders Prevention and Early Detection: A Comparative Cost-Effectiveness Analysis of Six Intervention Strategies

Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Longxiang Li

Topic: Study of Predictors of Spatial Location Patterns and Density of Businesses Offering Cosmetic Surgery and Cosmetic Procedures with Negative Health Effects in Seven Major Metropolitan Areas of the United States

Faculty Mentor: Bryn Austin

Trainees: Flora Or and Yongjoo Kim

Are Dietary Supplements Truly Safe Until Proven Otherwise?

Faculty Mentor: Bryn Austin

2015-2016

Trainee: Xindi (Cindy) Hu

The Economic Case for Eating Disorders Prevention and Early Detection: A Comparative Cost-Effectiveness Analysis of Six Intervention Strategies

Faculty Mentors: Bryn Austin, Michael Long, and Davene Wright

Trainee: Longxiang Li

Topic: Study of Predictors of Spatial Location Patterns and Density of Businesses Offering Cosmetic Surgery and Cosmetic Procedures with Negative Health Effects in Seven Major Metropolitan Areas of the United States

Faculty Mentor: Bryn Austin

Trainee: Selena Liu

Tracking the Sale of Dietary Supplements Marketed for Weight Loss or Muscle Building: An Exploration of the Socioeconomic Patterns of Use

Faculty Mentor: Bryn Austin

Trainee: Ariane Moss

Topic: An Investigation of Viable Legal Strategies to Protect Consumers from Unhealthy Body Ideals Promoted Through Deceptive Photoshopping

Faculty Mentors: Jennifer Pomeranz and Bryn Austin

Trainee: Aryn Phillips

Topic: California AB 2539: Protecting Fashion Model Health and Well-being

Faculty Mentor: Bryn Austin

Trainee: Marysa Sheren

Transforming Team-Learning Teaching Cases in Public Health for Online Platforms: An e-Learning Module Development Project

Faculty Mentors: Holly Gooding and Bryn Austin

Trainee: Sara Ziff

Topic: Protecting Fashion Model Health and Well-being

Faculty Mentors: Bryn Austin and Rachel Rodgers

2014-2015

Trainee: Amy Brunner

Topic: Translating Case-Based Learning Into E-learning Modules

Faculty Mentor: Bryn Austin

Trainee: Elizabeth Cheever

Implementing and Evaluating the Academy for Eating Disorders (AED) Medical Guide within a Pediatric Learning Community

Faculty Mentor: Holly Gooding

Trainee: Alvin Tran

Protecting Minors from Dietary Supplements Marketed for Weight Loss or Muscle Building through Legislative Action

Faculty Mentors: Bryn Austin and Christina Roberto

Trainee: Selena Lui

Tracking the Sale of Dietary Supplements Marketed for Weight Loss or Muscle Building: An Exploration of the Socioeconomic Patterns of Use

Faculty Mentor: Bryn Austin

Trainee: Esther Li

Examining the Cost-Effectiveness of Clinic-Based Eating Disorders Screenings in Primary Care

Mentors: Bryn Austin and Davene Wright

2013-2014

Trainee: Grant Barbosa

Topic: Legal Protection of Youth and Other Vulnerable Groups From Exploitation by the Dietary Supplements Industry

Faculty Mentor: Jennifer Pomeranz

Trainee: Kelly Bauer

Topic: Warning Labels on Fashion Magazine Images: Women's Eating Behavior and Body Dissatisfaction

Faculty Mentor: Christina Roberto

Trainees: Samantha Glover, Lakendra Barajas
Topic: Potential of Occupational Health and Safety Laws to Improve the Health of Fashion Models
Faculty Mentor: Katherine Record

Trainee: Brigitte Granger
Topic: Negative Effects of Weight-Loss Industry Marketing Practices
Faculty Mentor: Christina Roberto

Trainee: Eric Nazar
Topic: TRIAD Healthy Eating Toolkit for Coaches
Faculty Mentor: Jerel Calzo

Trainee: Hyungi LeAnn Noh
Topic: Economic Analysis of the Cost of Eating Disorders
Faculty Mentor: Mihail Samnaliev

2012-2013

Trainees: Allegra Gordon, Boram Seo
Topic: Body Image Community Indicators Mapping Project: A Pilot Study of Beauty Industry Spatial Distribution and Concentration
Faculty Mentors: Bryn Austin, Kendrin Sonnevile

Trainee: Yushan Jiang, Hyungi LeAnn Noh
Topic: Economic Analysis of Potential Cost Savings of Eating Disorders Screening in High Schools
Faculty Mentors: Davene Wright, Kendrin Sonnevile, Bryn Austin

Trainee: Brigitte Granger, Kelly Bauer
Topic: Negative Effects of Weight-Loss Industry Marketing Practices
Faculty Mentor: Christina Roberto

Trainee: Katherine Cohen Cooper
Topic: Legal Protection of Youth and Other Vulnerable Groups From Abuses and Exploitation by the Beauty Industry

Faculty Mentors: Jennifer Pomeranz

2011-2012

Trainees: Bernice Garnett, Rob Buelow

Topic: Fat Talk Free Week Pilot Evaluation: An Evaluation of a Social Marketing Campaign to Decrease Self-Disparaging Talk About Body and Weight

Faculty Mentors: Bryn Austin, Debra Franko

2010-2011

Trainees: Meredith Chace, Jenna Kruger, Lisa Taylor

Topic: Abuse of Over-the-Counter Products for Weight Control by Youth: A Pilot Study of Product Sales, Medical Claims, and Viable Legal Responses to Protect the Health of Young People

Faculty Mentors: Bryn Austin, Jess Haines, Jennifer Pomeranz

2009-2012

Trainee: Monica Wang

Topic: Healthy Choices: Behavioral, Familial, and Environmental Risk and Protective Factors for Disordered Weight Control Behaviors Among Youth

Faculty Mentor: Bryn Austin

Research Presentations by Trainees

2025-2026

Trainee: Chloe Gao

Presentation at the Society for Adolescent Health and Medicine

Topic: Colorism, identity, and health: Youth experiences and health impacts on East Asian American communities

2024-2025

Trainee: Chloe Gao

Presentation at the Society for Adolescent Health and Medicine

Topic: Conducting Meaningful Youth Engagement Online: A Novel Case Study of Culturally Safe Eating Disorder Prevention Strategies among East Asian American Youth

Trainee: Chloe Gao

Presentation at the International Conference of Eating Disorders

Topic: Oral Presentation: Eating Disorder Risk and Diagnosis among East Asian American Young Adults

Trainee: Stanley Huang

Presentation at the Society for Adolescent Health and Medicine

Topic: Youth Advocacy at the Forefront: Scaling a National Movement for Stronger Oversight of Under-Regulated Dietary Supplements

Trainee: Chuying Huo

Presentation at the International Conference on Eating Disorders

Topic: Mapping Inequities in Access to Eating Disorder Treatment: A Geospatial Analysis

2023-2024

Trainee: Chloe Gao

Presentation at the American Academy of Pediatrics

Topic: Mental Health and Substance Use

Trainee: Chuying Huo

Presentation at the Eating Disorders Research Society Conference
Topic: Disparities in Spatial Accessibility of Eating Disorder Treatment Centers in Massachusetts

Trainee: Chloe Gao
Presentation at the Canadian Collab Mental Health Care
Topic: East and Southeast Asian Mental Health and Substance Use Service Access

Trainee: Arshia Verma, Tisya Verman, and Aryan Reddy
Presentation at Texas SOPHE
Topic: Youth-Led Efforts Against Dangerous Supplements

Trainee: Ariel Beccia
Presentation at the Society for Epidemiologic Research
Topic: COVID-19 Policies and Mental Health Inequities

Trainee: Monica Henderson
Presentation at the Appearance Matters Conference
Topic: Combatting Race-Based Hair Discrimination: Black and Non-Black U.S. Adults' Awareness and Perception of the CROWN Act

Trainee: Ariel Beccia
Presentation at the International Conference on Eating Disorders
Topic: Life-Course Exposure to Structural Sexism and Subsequent

Trainee: Chuying Huo
Presentation at the International Conference on Eating Disorders
Topic: Mapping Inequities in Access to Eating Disorder Treatment: A Geospatial Analysis

Trainees: Monique Santoso and Ariel Beccia
Presentation at the International Conference on Eating Disorders along with STRIPED
Visiting Scholars Sook Ning Chua and Emilio Compte
Topic: Mapping the Landscape: Current Global Trends in Eating Disorder Epidemiology

Trainee: Ryan Ahmed and Pari Patel
Workshop at the International Conference on Eating Disorders

Topic: Empowering Youth in Eating Disorder Advocacy: Escalating a Youth Advisory Board

Trainee: Ariel Beccia

Workshop at the International Conference on Eating Disorders

Topic: Causal Inference with DAGS for Eating Disorders Research

2022-2023

Trainee: Ariel Beccia

Poster presentation at the Society for Epidemiologic Research Annual Meeting 2023

Topic: State-level structural sexism and eating disorder risk: An intersectional life-course analysis of the Growing Up Today Study

Trainee: Ariel Beccia

Poster presentation at the Eating Disorders Research Society Annual Meeting 2022

Topic: Examining Diversity Climate as a Campus-Level Moderator of Intersectional Eating Disorder Inequities Among U.S. College Students: Results from the 2020/21 Healthy Minds Study

Trainee: Ariel Beccia

Poster presentation at the Eating Disorders Research Society Annual Meeting 2022

Topic: Longitudinal impacts of the COVID-19 pandemic on eating disorder risk among diverse sexual minority populations: Results from a prospective cohort study of U.S. adults

Trainee: Ariel Beccia

Paper presentation at the Society for Adolescent Health and Medicine 2023

Topic: Cumulative exposure to state-level structural sexism and gendered inequities in depression among US youth: A life-course analysis of the Growing Up Today Study

Trainee: Ariel Beccia

Oral presentation at the International Conference on Eating Disorders 2023

Topic: Beyond the RCT: Best practices for working with observational data in eating disorders research

Trainee: Ariel Beccia

Oral presentation at the International Conference on Eating Disorders 2023
Topic: Epidemiology & Public Health Practice SIG Panel: Under-represented populations in eating disorder research: Exploring barriers and solutions

Trainee: Samantha Turner

Poster presentation at the American Public Health Association 2022

Topic: Nurses' use of harmful "wellness" supplements during the COVID-19 pandemic

*Best Poster Award from the APHA Nursing Special Interest Group

Trainee: Destiny Jackson

Paper presentation at the American Public Health Association 2022

Topic: Discrimination and County-Level COVID-19 Mortality Partially Explain

Racial/Ethnic Inequities in Use of Harmful "Wellness" Dietary Supplements

Trainees: Ryan Ahmed and Joanne Chung

Poster Presentation at the Society for Public Health Education Advocacy Summit 2022

Topic: Fighting Back Against a Predatory Industry: Over-the-Counter Diet Pills

Trainee: Nat Egan

Paper presentation at the International Public Policy Association 2023

Topic: Perceptions among obesity experts of the role that food, weight loss and pharmaceutical industries play in the 'obesity epidemic'

Trainee: Upanita Barman

Poster presentation at the International Conference on Eating Disorders 2023

Topic: Equity-focused Economic Evaluation of a Policy Banning the Sale of Diet Pills to Minors: A Conceptual Framework

*Best Poster Award from the Academy of Eating Disorders

Trainee: Monique Santoso

Paper presentation at the International Conference on Eating Disorders 2023

Topic: Tackling Colourism in India through an Online Course for Public Health Professionals

*Best Student Abstract Award from the Academy of Eating Disorders Body Image and Prevention Special Interest Group

Trainee: Monique Santoso

Paper presentation at the International Conference on Eating Disorders 2023

Topic: The Impact of Discrimination and Stigma on Asian-American Eating Disorder Behavior from 2016-2021: A Healthy Minds Network Study

Trainee: Monique Santoso

Paper presentation at the International Conference on Eating Disorders 2023

Topic: COVID-19 Related Immediate Familial Disruptions and Eating Disorder Patients' Mental Health Concerns and Motivation to Recover

Trainee: Monique Santoso

Poster presentation at the Society for Public Health Education Conference 2023

Topic: Tackling Colourism in India through an Online Course for Public Health Professionals

*Winner of the Society for Public Health Education (SOPHE) Health Education Technology Innovation Award

Trainee: Monique Santoso

Poster Presentation at the SOPHE Advocacy Summit 2022

Topic: Coloring the Narrative: The Use of Storytelling to Change Skin Shade Ideals in India

2021-2022

Trainee: Ariel Beccia

Paper Presentation at the International Conference on Eating Disorders 2021

Topic: Cumulative Exposure to State-Level Structural Sexism and Risk of Eating Disorders

*Best Abstract Award from the Academy of Eating Disorders

Trainee: Funmbi Okoya

Paper Presentation at the International Conference on Eating Disorders 2021

Topic: Nations Worldwide Allow Companies to Sell Harmful Weight-Loss Supplements to Children: Preliminary Findings from the Weight-Loss Supplements Global Policy Scan

Trainee: Destiny Jackson

Paper Presentation at the International Conference on Eating Disorders 2021

Topic: Discrimination and County-Level COVID-19 Mortality Rate Partially Explain Racial/Ethnic Inequities in Use of Harmful “Wellness” Supplements in the US

Trainee: Amanda Raffoul

Paper Presentation at the International Conference on Eating Disorders 2021

Topic: Increases in disordered eating during the COVID-19 pandemic period: An investigation of weight-related behavior between 2018 and 2020 across five countries from a repeated cross-sectional study

*Best Paper Award from the Academy of Eating Disorders

Trainee: Ariel Beccia

Oral Presentation at the Eating Disorders Research Society 2021

Topic: Intersecting Gender Identity & Racial/Ethnic Disparities in Eating Disorder Symptoms Among College Students: A Multilevel Analysis

Trainee: Ryan Ahmed

Poster Presentation at the Society for Public Health Education Advocacy Summit 2021

Topic: Fighting Back Against a Predatory Industry: Over-the-Counter Diet Pills

2020-2021

Trainee: Alice Lowy

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Associations among Internalization of Cultural Beauty Ideals, Body Dissatisfaction, Drive for Muscularity, and Dietary Restraint in Racially/Ethnically Diverse Women

Trainee: Alice Lowy

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Internalization of Cultural Beauty Ideals: New Directions in Risk Factor Assessments in Racially/Ethnically Diverse Women

Trainee: Ariel Beccia

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Who Have We Missed? Conventional Versus Quantitative Intersectionality Methods for Epidemiologic Research on Eating Disorders

Trainee: Rachel Plummer

Oral presentation at the International Conference on Eating Disorders 2021

Topic: "There's a New Kind of Bullying...It's Very Sly": The Influence of the School Environment on Weight Stigma and Body Image in a Qualitative Sample of Adolescents

Trainee: Meg Salvia

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Patient Perceptions of Conflict in Managing Type 2 Diabetes in BED Treatment: Understanding and Integrating Findings from a New Qualitative Study into Clinical Practice (CE + 1.5)

Trainee: Kelsey Rose

Poster presentation at the International Conference on Eating Disorders 2021

Topic: Youth Perceptions of Barriers to Eating Disorder Treatment

Trainee: Alice Lowy

Oral presentation at STRIPED Virtual Showcase, October 2021

Topic: Internalization of Cultural Beauty Ideals Among Black Women

Trainee: Meg Salvia

Oral presentation at STRIPED Virtual Showcase, October 2021

Topic: Applying Nutritional Epidemiology Methods Towards Eating Disorders Prevention

Trainee: Julia Vitagliano

Oral presentation at the International Conference on Eating Disorders 2021

Topic: Disproportionate use of over-the-counter diet-pills among Latinx youth and increased use over time among Latinx females: Results of a U.S. national study

Trainee: Julia Vitagliano

Oral presentation at the International Conference on Eating Disorders 2021

Topic: COVID-19 and Eating Disorder and Mental Health Concerns in Patients with Eating Disorders

Trainee: Julia Vitagliano

Oral presentation at the STRIPED Showcase, October 2020

Topic: Latinx Use of Potentially Harmful Over-the-Counter Diet Pills in the U.S. YRBSS

Trainee: Amanda Raffoul

Oral presentation at the STRIPED Showcase, October 2020
Topic: Toward a Holistic Framework of Eating-and Weight-Related Behavior:
Implications for Public Health Intervention and Nutrition Policy

2019-2020

Trainee: Tammy Yan
Oral presentation at STRIPED Virtual Showcase, May 2020
Topic: Student Bodies in China: Recommendations for Eating Disorder Prevention in Chinese Universities

Trainee: Todd Liou
Oral presentation at STRIPED Virtual Showcase, May 2020
Topic: Evaluation Plan for a Pilot Telemental Health Eating Disorders Treatment Program

Trainee: Kendall Sharp
Oral presentation at STRIPED Virtual Showcase, May 2020
Topic: Peer-to-Peer, Social Media Communication by Military Personnel About Weight Loss and Sports Performance Supplements: A Pilot Content Analysis

Trainee: Hannah Cory
Oral presentation at STRIPED Virtual Showcase, May 2020
Topic: Sociocultural Attitudes Toward Appearance and Disordered Eating Behaviors in the Study of Latinos Youth Cohort

Trainee: Kendall Sharp
Oral presentation at STRIPED Showcase, August 2019
Topic: Using Reddit to Assess Peer-to-Peer Communication on Dietary Supplements

Trainee: Ariel Beccia
Oral presentation at STRIPED Showcase, August 2019
Topic: Women's Experiences with Complementary and Alternative Medicine for Eating Disorders: Implications for Treatment and Prevention

Trainee: Stefani Karr
Oral presentation at STRIPED Showcase, August 2019

Topic: Responsibility and Ethics in Advertising Leadership (REAL) Certification Development Project

2018-2019

Trainee: Alvin Tran

Invited address at National Eating Disorders Association Boston Walk, Boston, MA

Topic: Clearing Up the Misconceptions around Eating Disorders

Trainee: Alvin Tran

Oral presentation at International Association of Eating Disorders Professionals Symposium, Palm Springs, CA

Topic: The Interplay of Sex, Substances, and Eating Disorders in Sexual Minority Men

Trainee: Alvin Tran

Oral presentation at International Conference on Eating Disorders, New York, NY

Topic: Association between Dating App Use and Unhealthy Weight Control Behaviors

Trainee: Alvin Tran

Poster presentation at International Conference on Eating Disorders, New York, NY

Topic: A Qualitative Study of Body Image among a Diverse Sample of Young Gay and Bisexual Men

Trainee: Alvin Tran

Oral presentation at Multi-Service Eating Disorders Association Annual Conference, Newton, MA

Topic: The Interplay of Sex, Substances, and Eating Disorders in Sexual Minority Men

Trainee: Kuanysh Yergaliyev

Poster presentation at Public Health Law Conference, Phoenix, AZ.

Topic: Local Advocacy to Protect Youth from Dangerous Dietary Supplements Sold for Weight Loss and Muscle Building in Massachusetts Municipalities

Trainee: Kuanysh Yergaliyev

Poster presentation at Society for Adolescent Health and Medicine, Washington, DC.

Topic: Community Stakeholders' Perception and Attitudes about Dietary Supplements Use among Adolescents

Trainee: Kuanysh Yergaliyev

Oral presentation at International Conference on Eating Disorders, New York, NY.

Topic: Lessons for Policy Initiatives to Prevent Disordered Weight Control Behaviors

2017-2018

Trainee: Alvin Tran

Poster presentation at Appearance Matters conference, Bath, England.

Topic: Dating App Use and Its Association with Unhealthy Weight Control Behaviors

Trainee: Alvin Tran

Oral Presentation at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica

Topic: Body Image in Gay and Bisexual Men: A Qualitative Study

Trainee: Alvin Tran

Oral presentation at Kaohsiung Medical University (KMU) as an invited guest

Topic: Body Image Ideals Among Young Gay and Bisexual Men: Results from the Men's Body Project

Trainee: Xindi (Cindy) Yu

Oral presentation at the Society for Benefit-Cost Analysis Annual Conference

Topic: Advanced Data Integration for Epidemiological Modeling in Benefit-Cost Analysis:

Addressing the Challenge to Evaluate Preventive Interventions for Emerging Diseases

Trainee: Ayesha McAdams-Mahmoud, Courtney Brown, Kimberly Yu

Workshop at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica

Topic: How Communities Can Address Media Portrayals of Colorism Through the Lens of Global Public Health

Trainee: Ayesha McAdams-Mahmoud

Workshop at Dying to Be Beautiful? Body Image, Eating Behaviors and Health in the Caribbean conference, Kingston, Jamaica

Topic: Coloring the Narrative: The Use of Storytelling to Change Skin Tone Ideals

2016-2017

Trainee: Allegra Gordon

Oral Presentation at Appearance Matters Conference, London, UK

Topic: "I Know All Women Go Through This, But as a Trans Woman It's a Separate Level": Stigma, Discrimination, and Body Image Among Young Adult Transgender Women

Trainee: Yongjoo Kim

Poster Presentation at 2016 Eating Disorders Research Society Annual Meeting, New York, NY

Topic: Risk and Protective Factors for Disordered Weight Control Behaviors at Individual, Family, and School Levels Among Korean Adolescents Aged 12-18 Years from a Nationwide Online Survey

Trainee: Yongjoo Kim

Poster Presentation at 2016 Eating Disorders Research Society Annual Meeting, New York, NY

Topic: Sex of Sexual Partners and Disordered Weight Control Behaviors in a Nationally Representative Sample of Korean Adolescents

Trainee: Ayesha McAdams-Mahmoud, MPH

Oral Presentation at Harvard Chan School

Topic: Dark Girls: Colorism in a Global Context

Trainee: Ayesha McAdams-Mahmoud, MPH, with guest lecturers Courtney Brown, BA, and Kimberly Yu, BA

Workshop at Harvard Chan School

Colorism: Addressing This Public Health Issue in a Global Context

Trainee: Suzanne Wintner, MPH, with Collaborating Mentor Erica Kenney, ScD

Oral Presentation at Harvard Chan School

Topic: Evidence-Based Nutrition and Wellness Programs for Schools: How Widely Are They Implemented? Do Schools Use Weight Stigmatizing Programs Instead?

2015-2016

Trainees: Carly Guss and Allegra Gordon with faculty Jerel Calzo
Keynote at 2016 Multi-Service Eating Disorders Association (MEDA) Annual
Conference, Newton, MA
Topic: Gender Identity, Gender Expression, and Eating Disorders

Trainee: Allegra Gordon and Carly Guss
Lecture at Fenway Health, Boston, MA
Topic: Sexual and Gender Minority Youth and Eating Disorders

Trainee: Allegra Gordon
Oral Presentation at International Conference on Eating Disorders (ICED) Annual
Meeting, San Francisco, CA
Topic: Nonconforming Gender Expression, Peer Victimization, and Disordered Weight
Control Behaviors Among High School Students in Four U.S. School Districts

Trainee: Sara Ziff
Moderator, Panel at Harvard Kennedy School of Government, Boston, MA
Topic: From the Runway to the Factory Floor: Labor Rights, Safety & Public Health

Trainee: Allegra Gordon
Lecture at Harvard T.H. Chan School of Public Health, Boston, MA
Topic: Advanced Topics in Women, Gender and Health

Trainee: Allegra Gordon
Poster Presentation at 2015 Renfrew Center Conference on Eating Disorders,
Philadelphia, PA
Topic: Eating Disorders Risk Among Young Transgender Women

Trainee: Allegra Gordon
Poster Presentation at 2015 American Public Health Association (APHA), Chicago, IL
Topic: Weight and Shape Control Behaviors Among Young Transgender Women

Trainee: Allegra Gordon
Oral Presentation at 2015 Philadelphia Trans Health Conference, Philadelphia, PA
Topic: Body Image and Weight and Shape Control Among Young Transgender Women

Trainee: Allegra Gordon

Lecture at Rainbow Consortium, Boston Children's Hospital, Boston, MA
Topic: Eating Disorders Risk Among Young Transgender Women

2014-2015

Trainee: Allegra Gordon

Oral Presentation at the 2015 International Conference on Eating Disorders, Boston, MA

Topic: Weight and Shape Control Behaviors Among Young Transgender Women: Preliminary Findings from Project Body Talk

Trainee: Erica Kenney

Poster Presentation at the 2015 International Conference on Eating Disorders, Boston, MA

Topic: Weight Bias, School Climate, and the Academic Experience for K-12 Students: A Qualitative Study of Classroom Teachers

Trainee: Emily Kroshus

Oral Presentation at the Eating Disorders in Sport Conference, St. Louis, MO

Topic: Developing best practices for prevention, identification and management of disordered eating in US collegiate sport

2013-2014

Trainee: Emily Kroshus

Oral Presentation at the 2014 International Conference on Eating Disorders, New York City, NY

Topic: Internalization of the Athletic Body Ideal: An Important Mediator of the Association Between Athletic Identity and Disordered Eating

Trainee: Grace Kennedy

Poster Presentation at the 2014 International Conference on Eating Disorders, New York City, NY

Topic: Validation of the Fat Talk Bystander Scale: A Novel Approach to Assess Fat Talk

Trainee: Brigitte Granger

Oral Presentation at Harvard Chan School, Boston, MA

Topic: Diet Industry Marketing Practices: The Problem's Scope and Solutions

2012-2013

Trainee: Emily Kroshus

Panelist at the 2013 Boston Children's Hospital Sports Medicine Female Athlete Conference, Boston, MA

Topic: Athletes and Eating Disorders

Trainee: Emily Kroshus

Poster Presentation at the 2013 International Conference on Eating Disorders, Montreal, Canada

Topic: Team-Level Processes for Addressing and Preventing Disordered Eating: A Comparison of Two Female Collegiate Cross-country Running Teams

Trainee: Monica Wang

Poster Presentation at the 2013 Society for Behavioral Medicine Annual Conference, San Francisco, CA

Topic: Environmental Factors Associated With Disordered Weight Control Behaviors Among Youth: A Systematic Review

Trainees: Rob Buelow, Bernice Garnett

Poster Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA

Topic: Bystander Intervention in Fat Talk Prevention: A Psychometric Evaluation

Trainee: Bernice Garnett

Oral Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA

Topic: Utilizing Latent Class Analysis to Explore the Multi-Dimensionality of Discrimination Among Ethnically Diverse Youth: Highlighting the Intersection of Racial and Weight-Based Discrimination

Trainee: Emily Kroshus

Poster Presentation at the 2012 American Public Health Association Annual Conference, San Francisco, CA
Topic: Team-Driven Prevention of Disordered Eating: A Qualitative Comparison of Two Female Collegiate Cross-country Teams

2011-2012

Trainees: Bernice Garnett, Rob Buelow
Poster Presentation at the 2012 International Conference on Eating Disorders, Austin, TX
Topic: A Pilot Evaluation of Fat Talk Free Week, a Social Marketing Campaign to Decrease Self-Disparaging Talk About Body and Weight

Trainee: Bernice Garnett
Oral Presentation at the 2011 Society for the Analysis of African American Public Health Issues Scientific Symposium, Washington, DC
Topic: Using Multiple Qualitative Methods to Address Weight Disparities in Cambridge Black Youth: A Focus on Parent/Child Dyad and "Positive Deviant" Interviews

Trainee: Bernice Garnett
Oral Presentation at the 2011 Reproductive Health Symposium at the Harvard Chan School, Boston, MA
Topic: Utilizing Latent Class Analysis to Explore the Multi-Dimensionality of Discrimination Among Ethnically Diverse Youth: Highlighting the Intersection of Racial and Weight-Based Discrimination

Trainee: Emily Kroshus
Oral Presentation at the International Conference on Sport and Society, Cambridge, UK
Topic: Relation of Athletic Identity to Eating Disorder Risk: An Examination of Mediating Mechanisms

Trainee: Monica Wang
Presentation at the 2012 Society for Behavioral Medicine Annual Conference, New Orleans, LA
Topic: Family Physical Activity and Meal Practices Associated With Disordered Weight-Control Behaviors in a Multi-Ethnic Sample of Middle-School Youth

2010-2011

Trainee: Monica Wang

Presentation at the 2011 Society for Adolescent Health and Medicine Annual Conference, Seattle, WA

Topic: Dietary and Physical Activity Behaviors Related to Eating Disorder Symptoms Among Middle-School Youth

Awards for STRIPED Projects & Team

2025-2026

Award: Documentary film “Generation Flex” featuring the STRIPED Youth Corps garnered Silver in the Health Documentary Film category

By: Anthem Awards

Recipient: Dorena Newton & *Men’s Health*

Award: Next Big Research Idea

By: Consortium for Research in Eating Disorders

Recipient: Ariel Beccia

2024-2025

Award: Top Epidemiology Abstract Award for Eating Disorder Risk and Diagnosis among East Asian American Youth: Findings from the Healthy Minds Study, 2020-2023

By: International Conference on Eating Disorders (ICED)

Recipient: Chloe Gao

Award: Leadership in Mentoring Award

By: International Conference on Eating Disorder (ICED)

Recipient: Bryn Austin

Award: Top Abstract Award for Improving Public Health Surveillance of Eating Disorders Among US Youth: An Advocacy Case Study (among 10)
By: International Conference on Eating Disorders (ICED_
Recipient: Bryn Austin

2023-2024

Award: Scholarships for People from Low- or Middle-Income Countries 2024
By: International Conference on Eating Disorders (ICED)
Recipient: Monique Santoso

Award: Top Abstract Award 2024
By: International Conference on Eating Disorders (ICED)
Project Title: Correlates of eating disorder risk among Arab and Middle Eastern American college students
Recipient: Amanda Raffoul

Award: Abstract of the Year Award 2023
By: The American Public Health Association Law
Project Title: Algorithms, Addiction, and Adolescent Mental Health : An Interdisciplinary Study to Develop State Legislative Action to Protect Youth from the Dangers of Social Media

Award: Top Abstract Award 2023
By: Eating Disorders Research Society
Project Title: Muscle-building dietary supplements: Prospective association with onset of anabolic steroid use in boys and men

Award: 13 Teens Changing the World, 2023
By: Forbes magazine
Recipient: Chuying Huo

2022-2023

Award: Health Education Technology Innovation Award
By: Society for Public Health Education
Project Title: Colouring the Narrative: How to Use Storytelling to Change Skin-Shade Ideals in India

Award: New Digital Course of the Year (Finalist)
By: Digital Education Awards
Project Title: Colouring the Narrative: How to Use Storytelling to Change Skin-Shade Ideals in India

Award: Top 10 Poster Awards
By: International Conference on Eating Disorders
Project Title: Equity-focused Economic Evaluation of a Policy Banning the Sale of Diet Pills to Minors: A Conceptual Framework

Award: Best Poster Award
By: American Public Health Association
Project Title: Nurses' use of harmful "wellness" supplements during the COVID-19 pandemic
To: Samantha Turner, STRIPED Trainee

Award: Top Cited Paper
By: International Journal of Eating Disorders
Project Title: Social and economic cost of eating disorders in the United States: Evidence to inform policy action

Award: 2023 Karen Denard Goldman Health Education Mentor Award
By: Society for Public Health Education
To: Alvin Tran, PhD, STRIPED Collaborating Mentor

Award: National Silver Medal in Scholastic Arts and Writing Award
By: Scholastic Art and Writing Awards
To: Chuying Huo, STRIPED Youth Corps Member

Award: Travel Scholarship for Individuals from Low/Middle Income Countries
By: Academy for Eating Disorders
To: Upanita Barman, STRIPED Trainee

Award: Best Student Abstract Award

By: Academy of Eating Disorders Body Image and Prevention Special Interest Group

Project Title: Colouring the Narrative: The Use of Storytelling to Change Skin Shade Ideals in India

To: Monique Santoso, STRIPED Program Coordinator

2021-2022

Award: Top Paper Award

By: International Conference on Eating Disorders

To: Amanda Raffoul, PhD, STRIPED Faculty

Project Title: Increases in disordered eating during the COVID-19 pandemic period: An investigation of weight-related behavior between 2018 and 2020 across five countries from a repeated cross-sectional study

Award: Top Poster Award

By: International Conference on Eating Disorders

To: Ariel Beccia, PhD, STRIPED Postdoctoral Fellow

Project Title: Cumulative exposure to state-level structural sexism and risks of eating disorders: Results from a prospective cohort of US adolescents and young adults

Practicum Fieldwork

2025-2026

Trainee: Kait Guild

Access to ED Care in the United States

Faculty Mentor: Bryn Austin

Trainee: Morgan Snyder

Policy Analysis of Out of Kids' Hands Campaign

Faculty Mentor: Bryn Austin

Trainee: Laura Torrent

Estimating the Cost of Implementation and Cost Savings of the Out of Kids' Hands Act

Faculty Mentor: Bryn Austin

2024-2025

Trainee: Laura Torrent

Estimating the Cost of Implementation and Cost Savings of the Out of Kids' Hands Act

Faculty Mentor: Cynthia Tschampl

2023-2024

Trainee: Olayinka Fakorede

Perspectives of Nigerian Pharmacists on Regulation, Safety, and Accessibility of
Weight-Loss Supplements to Minors

Faculty Mentors: Amanda Raffoul and Bryn Austin

Trainee: Meghan Harshaw

Commercial Determinants of Health

Faculty Mentor: Bryn Austin

2022-2023

Trainee: Anderson (Junjie) Lu

Google Ads Policy Study

Faculty Mentor: Bryn Austin and Amanda Raffoul

2021-2022

Trainees: Charmaine Chan and Cindy Chwa

Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in
Pediatric Primary Care Settings
Practicum Sponsor: STRIPED

Trainee: Gwen Feeney
Dietary Supplement Use in the COVID-19 Pandemic
Practicum Sponsor: STRIPED

Trainee: Funmbi Okoya
Global Policy Scan on Weight-Loss Supplements
Practicum Sponsor: STRIPED

Trainees: Kenny Nguyen and Meera Ruparelia
Crafting the Public Health Case Against Race-Based Hairstyle Discrimination
Practicum Sponsor: STRIPED

Trainee: Rachel Plummer
Body Size Discrimination Legislation in Massachusetts
Practicum Sponsor: STRIPED

2020-2021

Trainee: Charmaine Chan and Cindy Chwa
Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in
Pediatric Primary Care Settings
Practicum Sponsor: STRIPED

Trainee: Funmbi Okoya
Global Policy Scan on Weight-Loss Supplements
Practicum Sponsor: STRIPED

Trainees: Kenny Nguyen and Meera Ruparelia
Crafting the Public Health Case Against Race-Based Hairstyle Discrimination
Practicum Sponsor: STRIPED

Trainee: Rachel Plummer
Body Size Discrimination Legislation in Massachusetts

Practicum Sponsor: STRIPED

Trainee: Deepa Manjanatha

Topics: STRIPED Advocacy Playbook and Coloring the Narrative: Pilot of an Online Teaching Case Lesson Plan in India

Practicum Sponsor: STRIPED

Trainee: Meg Salvia

Topic: Scoping review of policies for the prevention of disordered weight control behavior in Canada

Practicum Sponsor: STRIPED

2019-2020

Trainee: Todd Liou

Evaluation Plan for a Pilot Telemental Health Eating Disorders Treatment Program

Practicum Sponsor: Multi-service Eating Disorders Association, Newton, MA

2017-2018

Trainee: Thamara Subramanian

Policy Advocacy to Support Ban on Weight Discrimination in Massachusetts

Practicum Sponsor: STRIPED

Trainees: Katelyn Ferreira and Monica Kriete

Strategic Planning to Protect Youth from Diet Pills and Muscle-Building Supplements

Practicum Sponsor: STRIPED

Trainee: Supriya Misra

Center for Disease Control (CDC) Eating Disorders Health Monitoring Project

Practicum Sponsor: STRIPED

2016-2017

Trainees: Katelyn Ferreira and Monica Kriete

Strategic Planning to Protect Youth from Diet Pills and Muscle-Building Supplements

Practicum Sponsor: STRIPED

Trainee: Kuanysh Yergaliyev

Protecting Youth from Diet Pills and Dietary Supplements for Weight Loss and Muscle Building

Practicum Sponsor: STRIPED

2015-2016

Trainee: Ayesha McAdams-Mahmoud

Improving Screening for Eating Disorders in Pediatric Primary Care

Practicum Sponsor: STRIPED

Trainee: Alvin Tran and Esther Li

Protecting Youth from the Dangers of Dietary Supplements Sold for Weight Loss and Muscle Building

Practicum Sponsor: STRIPED

Trainee: Suzanne Wintner

School Strategies to Promote Healthy Weight Among Children and Youth

Practicum Sponsor: STRIPED

Trainee: Kuanysh Yergaliyev

Strategic Planning to Protect Youth from Diet Pills and Dietary Supplements Sold for Weight Loss and Muscle Building

Practicum Sponsor: STRIPED

2014-2015

Trainee: Morgan Redman

A Study of Potential Policy Strategies to Place Warning Labels on Fashion Magazine

Advertisements

Practicum Sponsor: STRIPED

Trainees: Ryan Huerto and Anvita Kulkarni

Developing a Strategic Plan to Motivate Corporate Social Responsibility on the Sale of Harmful Weight Loss and Muscle Building Products

Practicum Sponsor: STRIPED

2013-2014

Trainee: Selena Hua Lui

Creating Size Accepting Physical Activity Resources for Obese Adolescents

Practicum Sponsor: STRIPED

Trainee: Morgan Redman

Development of Best Practices Resource for Eating Disorders Prevention in Schools

Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

2012-2013

Trainees: Yongjoo Kim, Matías Irarrázaval

Development of Nationwide Eating Disorders Screening and Prevention Proposals for South Korean and Chilean Adolescents

Practicum Sponsor: STRIPED

2011-2012

Trainee: Boram Seo

Body Image Community Indicators Mapping Project

Practicum Sponsor: STRIPED

Trainee: Elisabeth Malin

Organizing a Legislative Briefing at the Massachusetts State House Focused

on Improving Early Intervention and Prevention by Adding Eating Disorders to Required Health Screenings in Schools

Practicum Sponsors: National Eating Disorders Association, New York, NY, and the Office of Massachusetts State Representative Kay Khan, Newton, MA

Trainee: Leah Hawkins

Evaluation of Eating Disorders Secondary Prevention Program for High-Risk Women During Pregnancy

Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

2010-2011

Trainees: Rob Buelow, Maliha Ali

Evaluation of Middle-School Program to Prevent Eating Disorders

Practicum Sponsor: Multiservice Eating Disorders Association, Newton, MA

Independent Study Course

2025-2026

Trainee: Boi (Bella) Hoang

Advancing Weight Discrimination Ban in Massachusetts: Political Context, and Implementation Considerations for H.1919 and S.1249

Faculty Mentors: Bryn Austin

Trainee: Marissa Nardella

Eating Disorder Legislation: Application of Research to Implementation and Advocacy

Faculty Mentors: Bryn Austin

2024-2025

Trainee: Amanda Elkins

Nutrition Knowledge, Online Information-Seeking, and Disordered Eating
Faculty Mentor: Amanda Raffoul

2023-2024

Trainee: Amanda Elkins
Nutrition Knowledge, Online Information-Seeking, and Disordered Eating
Faculty Mentor: Amanda Raffoul

Trainee: Wanqing Xu
Engaging East Asian American Youth in Preventing Eating Disorders
Faculty Mentor: Chloe Gao

2022-2023

Trainee: Amanda Elkins
Nutrition Knowledge, Online Information-Seeking, and Disordered Eating
Faculty Mentor: Amanda Raffoul

Trainee: Alexis Miranda
BMI and Endometrial Cancer: Are we ignoring the effects of “fattism”?
Faculty Mentors: Bryn Austin and Ariel Beccia

2021-2022

Trainee: Ryan Dunk
Policy Translation for the Out of Kids’ Hands Campaign
Faculty Mentor: Bryn Austin

Trainees: Monica Henderson
Crafting the Public Health Case Against Race-Based Hairstyle Discrimination
Faculty Mentor: Bryn Austin

Trainee: Mary Lee

Risky Dietary Supplement Use in the US Air Force

Faculty Mentor: Bryn Austin

Trainee: Rachel Plummer

Topic: Body Size Discrimination Legislation in Massachusetts

Faculty Mentor: Bryn Austin, Amanda Raffoul

Trainee: Meera Ruparelia

Policy Translation for the Out of Kids' Hands Campaign

Faculty Mentor: Bryn Austin

2020-2021

Trainee: Rachel Plummer

Topic: Body Size Discrimination Legislation in Massachusetts

Faculty Mentor: Bryn Austin, Amanda Raffoul

Trainee: Samantha Turner

Topic: Scoping Review of Policies for the Prevention of Disordered Weight control behavior in Canada

Faculty Mentor: Amanda Raffoul

Trainee: Leahy Ish Shalom

Topic: Conflict Zone: A Dramedy on Mental Health and Other Wars

Faculty Mentor: Bryn Austin

2019-2020

Trainee: Tammy Yan

Topic: Student Bodies in China: Recommendations for Eating Disorder Prevention in Chinese Universities

Faculty Mentor: Bryn Austin

2017-2018

Trainee: Breanne Wilhite and Thamara Subramanian

Topic: The Role of Social Media in Eating Disorders Symptoms and Body Acceptance

Faculty Mentor: Bryn Austin, David Bickham

2016-2017

Trainee: Emilie Doan Van

Topic: Cosmetic Labiaplasty and Body Image in Young Women

Faculty Mentor: Bryn Austin

2014-2015

Trainee: Kate Makaroff

Topic: The Theory and Practice of Coalition Building: How to Influence Policy on Dietary Supplements for Marketed for Weight-Loss and Muscle Building

Faculty Mentors: Bryn Austin, Christina Roberto

2013-2014

Trainee: Selena Hua Liu

Topic: Development of Eating Disorders Identification and Referral Guidelines for Certified Personal Trainers

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Morgan Redman

Eating Disorder Prevention in Athletes: Development of a Team Environmental Assessment Tool for College Coaches

Faculty Mentors: Bryn Austin, Kendrin Sonneville

2012-2013

Trainee: Matías Irrarrázaval

Topic: Feasibility of Integrating Eating Disorder Screening Into Youth Mental Health Systems in Chile

Faculty Mentors: Bryn Austin, Kendrin Sonneville

2011-2012

Trainee: Boram Seo

Topic: A Look Into the Beauty Industries: Key Informant Interviews to Inform Improved Regulation

Faculty Mentor: Bryn Austin

2010-2011

Trainee: Meagan Campol

Topic: Engaging Healthcare Providers to Help Mothers With Eating Disorders Create Healthy Eating Environments for Their Children

Faculty Mentors: Bryn Austin, Kendrin Sonneville

Trainee: Rob Buelow

Topic: Formative Research Study on Weight and Shape Concerns and Pressures in Middle-School Environments

Faculty Mentors: Bryn Austin, Kendrin Sonneville

2009-2010

Trainee: Bernice Garnett

Topic: A Musically Based Eating Disorders Prevention Media Literacy Program

Faculty Mentors: Bryn Austin, Jess Haines

Trainee: Emily Kroshus

Topic: An Investigation of Team-Level Variation in Disordered Eating and Protective Potential of Team Cohesion and Collective Efficacy
Faculty Mentors: Bryn Austin, Jess Haines

Case-Based Curriculum

Teaching Cases for Traditional Classroom Settings

Working with professional case writer Eric Weinberger, the STRIPED team developed a series of teaching cases for use in classroom settings to engage students in real-world dilemmas, problem-solving, and teamwork to tackle current, high-impact issues in the prevention of eating disorders and dangerous weight and shape control behaviors. With this program, we make all our cases easily accessible for students and educators around the globe, making them available for download from the STRIPED website and the online case libraries of the Harvard Chan School and Harvard Business School.

- **“Coloring the Narrative: How to Use Storytelling to Create Social Change in Skin Tone Ideals” (United States)**

This case, which premiered in Spring 2017, incorporates the story of two immigrants from different countries who arrive in the fictitious U.S. state of Columbia. These characters, like millions of others in their home countries of Nigeria and Thailand, have similar concerns about their skin tone and color. This case addresses the global beauty industry and the phenomenon of “colorism” as well as their association with the use of dangerous skin lightening products and body dissatisfaction. Readers will see how storytelling methods can be used in service of larger public health strategies to make a difference in the lives of people from diverse communities.

- **“Patina of Glamour: Forging Alliances to Investigate the Underside of the Fashion Industry”**

This case, which premiered in Fall 2016, addresses the less glamorous aspects of the fashion industry, which include abusive working conditions, sexual harassment, and eating disorders. Legislators in the fictitious U.S. state of Columbia are the latest to join in the global movement to rectify some of the most egregious wrongs done to models in the fashion industry. In this case, students learn how community-based

participatory research can be used to develop community partnerships to solve difficult occupational health and labor rights problems like those faced by professional models.

- **“Full of Surprises: Dietary Supplements and the Gym, or, a Tale of Corporate Social Responsibility”**

This case, which premiered in Fall 2015, takes place in the fictitious U.S. State of Columbia and features Callie Guertin, a primary care physician and frequent gym-goer who slowly realizes that her new gym, MuscleTone, sells weight loss supplements at the welcome desk. With guidance from a young activist, Stacie Lubin, Guertin uses coalition building skills to pressure the MuscleTone chain to change its practices. Principles of corporate social responsibility help MuscleTone realize that abandoning sales and advertising of supplements can produce a good result for everybody. Through this case, students learn how to use principles and strategies for motivating social responsibility to promote health and well-being in consumers.

- **“Weighing the Evidence: One University Takes a Hard Look at Disordered Eating Among Athletes”**

This case, which premiered in Spring 2015, returns to Colburn University, where athletic director Harry Ritchie finds himself in hot water after making an offhanded comment about Colburn student-athletes with eating disorders. This incident coupled with a complaint from a parent draws the attention of Dean Francis Reilly, who discovers he needs to peel back some of the layers embedding college athletics on the issue of eating disorders among athletes. Throughout the narrative, different perspectives on sports and eating disorders are revealed from top-level administrators, like Dean Reilly, to the student-athletes themselves. As the story concludes, the conversation about eating disorders has begun but questions still remain on how to make Colburn University a healthy environment for its student-athletes. In this case, students learn how to use the social ecological model to identify factors at multiple levels that influence risk of eating disorders. This case was widely promoted by the National Collegiate Athletic Association (NCAA).

- **“Some Skin in the Game: Negotiating the End of a Campus Health Menace”**

This case, which premiered in Fall 2014, features fictitious Colburn University, a campus that boasts many “amenities” for its students, including cafes, a gymnasium, and U.V. tanning salon Campus Tans. Meredith Tang, a law student originally from Australia, and Barbara Holly, a public health student, cannot believe that this

insidious industry has infiltrated campus life and worse yet seems to be promoted by the school or at least is allowed to advertise on campus. Soon these students turned activists begin a campaign to evict the salon; however, they quickly discover that evicting Campus Tans may not be as easy as they thought. As the story ends, the student activists sit down to a meeting with school officials and the owner of the salon to negotiate an agreement that protects the health of Colburn students while balancing the interests of diverse stakeholders. In this case, students learn crucial skills in strategic negotiation to address complex public health problems. This teaching case was featured by the Indoor Tan-Free Skin Smart Campus Initiative to promote skin cancer prevention policy and education on school campuses.

- **“‘The Governor Is Very Interested’: Or, Cost-Effectiveness Analysis for School Health Screenings”**

This case, which premiered in Spring 2014, introduces students to protagonist Nefertiti Nelson, director of the Office of Management and Budgets for the fictional state of Columbia’s Department of Public Health. Nelson is tasked with doing a cost-effectiveness analysis of BMI screening, which is widespread in U.S. schools, and eating disorders screening, a potentially life-saving program that has yet to be adopted on a large scale. Through this case, students gain the skills to assess the evidence for costs and potential savings with public health programs. In 2014 “*The Governor Is Very Interested’: Or, Cost-Effectiveness Analysis for School Health Screenings*” made its worldwide debut. Former STRIPED co-director Kendrin Sonnevile and Consulting Expert Michael Long taught students from around the world through the Harvard Medical School Global Clinical Scholars Research Training Program (GCSRT). Students in the GCSRT program hail from 22 nations and are all faculty-level clinicians working in clinical research in their respective countries.

- **“Beauty and the Breast: Mobilizing Community Action to Take on the Beauty Industry”**

This case, which premiered in Spring 2014, tells the story of protagonist Joe Wendell who is raising a teenage daughter. One day, his daughter announces she would like to have breast implants. The distressing news prompts Wendell into new, unforeseen directions, as he learns all he can about implants and surgery and the “beauty culture” permeating society. Teaming up with Anna Pinto, director of a community center in a vibrant Brazilian-American community who is concerned about cosmetic surgery, Wendell works with Anna to extend her coalition and find a

sponsor for a bill that will directly confront the problem. Through this case, students gain knowledge and skills in advocacy and putting public health into action.

- **“Retweet Does Not Imply Endorsement’: The Logic of Cyberbullying in Schools”**

This case, which premiered in Fall 2013, introduces students to Hazel O’Leary, a veteran nurse at Franklin Middle School in Franklin, a largely working-class city in the fictitious U.S. state of Columbia. In response to the cries of an eighth grade girl who is being cyberbullied about her weight, O’Leary and her principal, Jamal Morden-Jones, try a few solutions to combat the bullying. Though their efforts seem promising at first, they fall short of anything systematic or evidence-based. As the case study ends, Hazel prepares to initiate her school’s first foray into the world of logic models for public health program planning. Through this case, students must think critically about how to bridge the gap between policy and program design and implementation when real life intrudes.

- **“Who’s Calling Me Fat? Or, How Columbia Got Its Obesity Prevention Campaign Back on Track”**

This case, which premiered in Spring 2013, tells the story of protagonist Gisele Rodriguez, a public health professional working for the fictional U.S. state of Columbia. Rodriguez is tasked with figuring out the best way to right the course of the health department’s first attempt at a childhood obesity social marketing campaign that went terribly wrong. The case is a fictionalized composite of the experiences of real-world social marketing campaigns from around the country. Through this case, students get an education in the very real risk of exacerbating weight-related bullying and stigma through public health campaigns while gaining practical skills in evidence-based health communications.

STRIPED teaching cases are free and available to the public on the STRIPED website (<https://www.hsph.harvard.edu/striped/teaching-cases/>). They are also available through the Harvard Chan School case library (<http://caseresources.hsph.harvard.edu/case-library>) and the Harvard Business School case library (<https://cb.hbsp.harvard.edu/cbmp/pages/content/cases>). These cases are designed to be used by educators seeking to introduce topics in eating disorders prevention and public health into their classrooms.

Teaching Cases for Online Learning

With the support of the Harvard Initiative for Learning and Teaching, the Association of Teachers of Maternal and Child Health, the National Adolescent and Young Adults Health Network, and a Harvard Chan School Curriculum Innovation grant, STRIPED transformed our teaching cases “Retweet Does Not Imply Endorsement,” “Who’s Calling Me Fat?” and “Coloring the Narrative” into e-courses for online learning. To develop our e-courses, we worked closely with instructional designers, including Megan Johnston of Bloom Learning Design and learning specialists from the Harvard Chan School of Public Health, to ensure the e-courses incorporate state-of-the-art and evidence-based teaching strategies from the fast-growing field of online education. As we continue to develop our curriculum of online courses, our goal is to make them available to public health professionals around the globe to greatly enhance the capacity for eating disorders prevention in the field.

- **“Colouring the Narrative: How to Use Storytelling to Create Social Change in Skin Shade Ideals” (India and Malaysia)**

This case, which premiered in Fall 2021, incorporates the story of five characters from Tara, India, and touches on topics of body image, colorism, skin-lightening product use, social marketing, gender equality, gender-based discrimination, and policy change to combat colorism. This online teaching case, co-instructed by Kritika Tiwari and Reena Agrawal, with the narrative written by Indian sociologist Reena Agrawal and illustrations by Tanvi Bhat, addresses the global beauty industry and the phenomenon of colorism as well as their association with the use of dangerous skin-lightening products and body dissatisfaction. Learners gain skills in storytelling methods that can be used in service of larger public health goals to make a difference in the lives of young people in India. They were also introduced to the characters in the case narrative via short videos by Medical Aid Films. You can view the three videos here: <https://bit.ly/3tUTu3l>.

The STRIPED team was honored to receive three awards for this online course, namely, the Society for Public Health Education’s Health Education Technology Innovation Award, the International Conference on Eating Disorders Body Image and Prevention Special Interest Group’s Best Student Abstract Award, and the shortlist honor for the Digital Education Award’s New Digital Course of the Year.

Subsequently, the STRIPED team, along with Malaysia-based co-instructors Sook Ning Chua, Aifa Muhammad Radzi, and Yi Fen Kong, tailored the India-based teaching case to the Malaysian cultural context, discussing the ways that colourism pervades the lives of Malaysian youth. Our teaching case was brought to life through a case narrative written by Malaysian author Jinghann Hong and illustrator Nelson Tsen. In the launch of this new e-course in 2023, learners, who were Malaysia-based physicians, public health professionals, and teachers, showed increased understanding of storytelling-based communications techniques for public health promotion to combat colourism and the cosmetic skin-lightening product industry with media counternarratives.

- **“Retweet Does Not Imply Endorsement”: The Logic of Cyberbullying in Schools**

With kids these days having access to all kinds of social media day and night, cyberbullying may not always be happening during the school day or on school grounds. The teaching case, which premiered in 2013, provides learners with an in-depth look at the complexities of cyber bullying among early adolescents and how professionals can work with youth and adults in school settings to address the problem. The teaching case narrative was written by case writer Eric Weinberger and the e-course integrated illustrations by Marysa Sheren. With this e-course, learners gain skills that guide development of new programs in school and community settings and interact with peers and teaching faculty to gain new knowledge in a supportive online learning environment.

- **“Who’s Calling Me Fat? Or How Columbia Got Its Obesity Prevention Campaign Back on Track”**

This case, which premiered in Spring 2018, explores the case of a public health campaign that needs an urgent adjustment for effective implementation. Learners are prompted to critically think about the design of a new social marketing campaign that is informed by the evidence and attentive to ethical concerns in its design and evaluation plan, thereby learning more about campaign planning and crisis management. The teaching case narrative was written by STRIPED case writer Eric Weinberger and illustrated by illustrator Amy Hardy. The case addresses the harmful effects of weight stigma and bias, describes the evidence documenting the association between weight-related teasing and harassment and subsequent increased risk of developing eating disorder symptoms in youth and presents

evidence supporting the protective effects of body satisfaction on healthful nutritional and physical activity behaviors in youth.

Professional Trainings

- **“Social Media Platform Design, Algorithmic Systems, and Digital Harm: A Virtual Judicial Training for Judges and Law Clerks”**

STRIPED created a specialized judicial education training for judges, law clerks, legal educators, and attorneys seeking a plain-language foundation for understanding algorithmic systems, social media platform design, and digital harm. Building on STRIPED’s *Understanding Algorithms and Platform Design: A Judicial Primer on Algorithmic Systems and Digital Harm*, this training introduces core concepts related to engagement-based algorithms, platform architecture, youth mental health harms, and legal questions involving digital harm. The training was designed to support members of the judiciary in understanding how these technologies function and how they may intersect with civil claims involving youth mental health and well-being. The virtual training was offered in May 2026 and is now available as a recorded resource on our website, along with the Judicial Primer and related educational materials: <https://hsph.harvard.edu/research/eating-disorders-striped/policy-translation/holding-social-media-platforms-accountable/judicial-primer-training-algorithmic-systems-and-digital-harm/>

- **“Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in Pediatric Primary Care Settings”**

STRIPED and the Eating Disorders Coalition, supported by the Office on Women’s Health of the U.S. Department of Health and Human Services, created a brief online training for pediatric primary care providers, including physicians and nurses, serving children, adolescents, and young adults. This training provides crucial knowledge on how to recognize the signs and symptoms of eating disorders in young people, as well as how to perform screening and appropriately refer patients to specialized care. A range of clinical resources are provided throughout training, including an online interactive tool to identify local eating disorder specialists. Interested healthcare professionals can enroll in our brief training here: <https://www.hsph.harvard.edu/striped/webinar-and-e-course/>. In addition, we have partnered with the American Medical Association EdHub and Boston Children’s Hospital Continuing Medical Education Department to promote our training and greatly expand our reach to interested learners across the country.

- **“Dietary Supplements and Eating Disorders: Keeping Your Patients Safe” Six-Part Training for Healthcare Providers”**

STRIPED has created a six-part brief video training for healthcare providers on how to discuss dietary supplements to keep their adolescent patients safe. Each 2–3-minute video addresses a different aspect of discussing this topic, such as the dangers of dietary supplements sold for weight loss and muscle building, signs and symptoms of adverse effects of these products, and clinical recommendations.

Healthcare providers can access this training here:

<https://www.hsph.harvard.edu/striped/dietary-supplements-and-eating-disorders-keeping-your-patients-safe-video-series/>

Academic Seminars and Events

2025-2026

Presentation: Patterns and Characteristics of APEDS Use in Strength-Training Adults

Emilio Compte

Sponsored by STRIPED

December 5, 2025

Presentation: Psychological Profiles in Strength-Training Adults: Insights from a Latent Profile Analysis

Emilio Compte

Sponsored by STRIPED

December 1, 2025

Film Screening of the documentary *Your Fat Friend*

Sponsored by The Women, Gender, and Health (WGH) Concentration at the Harvard T.H. Chan School of Public Health and STRIPED

November 18, 2025

Presentation: *Beyond the Feed: Social Media, Content Creators, Mental Health, and Digital Wellbeing*

Yuning Liu and Katrine Bønneland Tølbøll.

Sponsored by STRIPED

October 30, 2025

Presentation: Two Case Studies of Generative AI Applications in Public Health
Research and Practice

Stanley Huang

Sponsored by STRIPED

October 10, 2025

2024-2025

Webinar: Eating disorders among US youth: Insights from the YRBS

Ariel Beccia

Sponsored by STRIPED

April 25, 2025

Webinar: How to Engage in Eating Disorders Advocacy for Policy Change

Sponsored by The Renfrew Center Foundation's 2024 Conference for Professionals

Ariel Beccia and Amanda Raffoul

November 8, 2024

Webinar: Eating Disorders Public Health Surveillance Working Group

Current issues related to state-level eating disorder prevention and surveillance

Ariel Beccia

Sponsored by STRIPED

July 18, 2024

Presentation: State policy climate and psychological distress among LGBTQ+ young
adults during the COVID-19 pandemic

Sponsored by BCH LGBTQ+ Health Awareness poster Slam

Ariel Beccia

June 2024

2023-2024

Virtual Discussion Panel: Speakers included four STRIPED youth advocates: Ryan Ahmed, Pari Patel, Tasmia Afrin, and Authoy Das.

How youth advocates changed New York State law, Sponsored by New York State Senator Shelley Mayer

January, 11, 2024

Film Screening of the documentary *Embrace Kids*

Zali Yager and Taryn Brumfitt

Co-sponsored by STRIPED, Harvard T. H. Chan School of Public Health (HSPH) Office of Diversity and Inclusion, HSPH program in Public Health Nutrition, Sexual Orientation, Gender Identity and Expression Health Equity Research Collaborative (SOGIE), Boston Leadership Education in Adolescent Health (LEAH), and Be Real.

October 26, 2023

Guest Lecture: Trine Tetile Eik-Nes, KariAnne Vrabel, and Maren Kopland

Building Body Confidence in children's sports, Personalized Treatment Approaches for Eating Disorder: A Focus on Individualized Care, and Change Mechanisms in Eating Disorder Treatment and Prevention

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

September 6, 2023

2022-2023

Guest Lecture: Lyza Norton

Promoting positive food parenting practices for disordered eating prevention

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

June 5, 2023

Guest Lecture: Stacie June Shelton

Global Public-Private Partnerships for Evidence-Based Interventions to Promote Adolescent Mental Health and Body Image

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

August 16, 2022

Guest Lecture: Emilio Compte

[The Use of Muscle-Building Supplements in Latin America, and its Relationship with Male Health, and Eating Disorders](#)

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine,
Boston Children's Hospital

July 21, 2022

Guest Lecture: Emilio Compte

[Missing Men and Other Gender Dilemmas in Eating Disorders Assessment for Research and Clinical Care](#)

Sponsored by STRIPED and the Department of Neuro-Psychiatric Epidemiology,
Harvard Chan School

July 20, 2022

Guest Lecture: Stacie June Shelton

Global Public-Private Partnerships for Evidence-Based Interventions to Promote
Adolescent Mental Health and Body Image

Sponsored by STRIPED and the Maternal and Child Health Interdisciplinary
Concentration, Harvard Chan School

July 6, 2022

2021-2022

Guest Lecture: Trine Tetlie Eik-Nes

A Framework for Prevention of Unhealthy Weight, Disordered Eating, and Poor Body
Image in Children

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine,
Boston Children's Hospital

June 16, 2022

Guest Lecture: Trine Tetlie Eik-Nes

A Framework for Prevention of Unhealthy Weight, Disordered Eating, and Poor Body
Image in Children

Sponsored by STRIPED and the Department of Nutrition, Harvard Chan School

June 14, 2022

Guest Lecture: Denise Hamburger and Bryn Austin

[Creating a Body Positive School Environment](#)

Sponsored by STRIPED, BE REAL USA and the Centers for Disease Control and Prevention

August 16, 2021

2020-2021

Guest Lecture: Sook Ning Chua

[Disordered Eating and Skin Shade Dissatisfaction in Young Adults in Singapore and Malaysia](#)

Sponsored by STRIPED and the Division of Adolescent and Young Adult Medicine, Boston Children's Hospital

April 21, 2021

Guest Lecture: Sook Ning Chua

[Disordered Eating, Body Image & Community Mental Health in Malaysia](#)

Co-sponsored by STRIPED and the Interdisciplinary Program in Population Mental Health, Harvard Chan School

April 7, 2021

Speakers: Lesley Williams, Johanna Kandel, Monika Ostroff, Bryn Austin and moderated by Karestan Koenen

[Stress Disordered Eating and Mental Health](#)

Sponsored by Interdisciplinary Program in Population Mental Health, Harvard Chan School

March 17, 2021

[Body Confident Schools Training](#)

Co-led by Denise Hamburger of BE REAL USA and Bryn Austin

Sponsored by STRIPED and BE REAL USA

December 9, 2020

Guest Lecture: Trine Tetlie Eik-Nes

The role of eating disorder, body image and stigma in prevention of unhealthy weight gain

Sponsored by STRIPED

November 16, 2020

Guest Lecture: Trine Tetlie Eik-Nes

Disentangling the role of eating disorder, shame and stigma in treatment of unhealthy weight gain

Sponsored by STRIPED

November 12, 2020

STRIPED Virtual Showcase

Sponsored by STRIPED

October 23, 2020

Guest Lecture: Lesley Williams

Practical Application of Weight Inclusive Clinical Care

Sponsored by STRIPED

October 22, 2020

Guest Lecture: Lesley Williams

Weight of Stigma as a Public Health Issue

Co-sponsored by STRIPED and Social and Behavioral Sciences

October 19, 2020

2019-2020

STRIPED Virtual Showcase

Sponsored by STRIPED

May 1, 2020

Guest Lecture: Josiemer Mattei and Hannah Cory

The Weight of Stigma: Weight Talk, Social Perceptions and Disordered Eating in Adolescents

Co-sponsored by STRIPED and Program in Public Health Nutrition

December 11, 2019

Guest Lecture: Pieter Cohen

Sports and Weight-loss Supplements: More than Mojo

Co-sponsored by STRIPED and Program in Public Health Nutrition

November 12, 2019

Guest Lecture: Karin Dunker
Eating Disorders in Brazil: Highlights in Treatment and Prevention
Sponsored by STRIPED
October 22, 2019

STRIPED Showcase
Sponsored by STRIPED
August 21, 2019

Guest Lecture: Iyiola Solanke
A Public Health Approach to Tackle Discrimination
Sponsored by STRIPED
August 9, 2019

2018-2019

Guest Lecture: Zali Yager
Body Image in Children and Adolescents: Current Evidence and New Possibilities
Co-sponsored by STRIPED and the Center for Excellence in Maternal and Child Health
April 5, 2019

Guest Lecturer: Zali Yager
Innovations in Improving Body Confidence and Mental Health in Mothers
Sponsored by STRIPED
April 2, 2019

STRIPED Showcase
Sponsored by STRIPED
March 20, 2019

Guest Lecturer: Suman Ambwani
When Pseudoscience Becomes Trendy: An Exploration of Clean Eating, False Health Claims, and Eating Disorder Risk
Sponsored by STRIPED and Program in Public Health Nutrition
December 7, 2018

Screening, Symptom Recognition & Referral to Treatment for Eating Disorders in
Pediatric Primary Care Settings
National webinar sponsored by STRIPED and the Office on Women's Health of the
Department of Health and Human Services
November 6, 2018

Guest Lecturer: Nadia Craddock
The Pressure to Be Fair: An Overlooked Adolescent Health Concern
Sponsored by STRIPED
November 2, 2018

Challenges and Opportunities for Designing and Implementing Case-based Learning in
the Online Space
Half-day Workshop sponsored by STRIPED and the Harvard Initiative for Learning and
Teaching
November 1, 2018

Guest Lecturer: Nadia Craddock
Colorism and Skin Lightening: An Overlooked Global Health Concern
Co-sponsored by STRIPED, Office of Diversity and Inclusion, Black Student Health
Organization, and Women of Color Collective of Students
October 24, 2018

STRIPED Showcase
Sponsored by STRIPED
August 23 & 24, 2018

2017-2018

Reimagining the Frontier of Public Health Approaches to Eating Disorders Prevention:
Transdisciplinary, Translational, Transformative
One-day symposium co-sponsored by STRIPED and Harvard Catalyst
April 30, 2018

Guest panel speakers: Lindsey Averill, Viridiana, Monica Kriete
Fattitude documentary screening

Co-sponsored by STRIPED, Harvard Chan School Women, Gender and Health
Concentration, and Harvard Chan School Office of Diversity and Inclusion
February 13, 2018

Guest Lecturer: Laura Hart

Body Image in Early Childhood: Helping Preschoolers Develop Body Confidence as a
Public Health Intervention

Co-sponsored by STRIPED, Harvard Chan School Program in Public Health Nutrition,
and Maternal and Child Health/Children, Youth and Families Center for Excellence
November 8, 2017

Straight/Curve: Redefining Body Image documentary screening

Co-sponsored by the Harvard Chan School of Public Health
November 6, 2017

Guest Lecturer: Monica Kriete

Weight Bias: A Public Health Problem

Co-sponsored with the Harvard Chan School of Public Health Office of Diversity and
Inclusion
October 25, 2017

2016-2017

Guest Lecturer: Sandra Aamodt, PhD

Why Diets Make Us Fat: The Unintended Consequences of Our Obsession With Weight
Loss
October 3, 2016

Guest Lecturers: Elena Rossini, MA, Moya Bailey, PhD, Susan Linn, EdD, and Rachel
Rodgers, PhD

The Illusionists: A Film About the Globalization of Beauty
October 24, 2016

Guest Lecturers: Rep. Joseph Kennedy III, Ann Becker, MD, Sara Forman, MD, Matt
Selig, Esq., and Stacey Sacks

Capitol Hill Chaos: The Future of Eating Disorders, Treatment Access and Mental Health Parity
February 23, 2017

Guest Lecturers: Courtney Brown, BA, and Kimberly Yu, BA
Colorism: How Can We Address this Clinical and Public Health Issue in a Global Context?
April 19, 2017

Guest Lecturers: Courtney Brown, BA, and Kimberly Yu, BA
Colorism: How Can We Address this Clinical and Public Health Issue in a Global Context?
May 15, 2017

2015-2016

Guest Lecturers: Erica Kenney, ScD, and Katrina Schroeder, RD, LDN
Fighting Fat Stigma: What Public Health Can Do to Reduce Bias and Promote Health at Every Size
April 26, 2016

Guest Lecturer: Jerel Calzo, PhD
The Mask You Live In: Is American Masculinity Harming Our Boys, Men, and Society?
April 19, 2016

Guest Lecturers: Allegra Gordon, ScD, MPH, Erica Kenney, ScD, MPH, and Flora Or, MHS
The Weight of Stigma: Implications of Fat Stigma for Public Health
February 23, 2016

Guest Lecturers: S. Bryn Austin, ScD, and Rachel Rodgers, PhD
Occupational Hazards of Fashion: Emerging Policy Solutions to Mitigate Coerced Starvation and Exploitation of Fashion Models
February 8, 2016

Guest Lecturer: Jerel Calzo, PhD
Muscles and Masculinity: What's the Connection?

December 7, 2015

2014-2015

Guest Lecturer: Phillippa Diedrichs, PhD

Large Scale Dissemination of Eating Disorders Prevention in the European Union

April 22, 2015

Guest Lecturer: Allegra Gordon, ScD, MPH

Gender Expression, Discrimination and Health Among U.S. Adolescents and Young Adults: Quantitative and Qualitative Approaches

April 21, 2015

Guest Lecturer: Susan Greenhalgh, PhD

Fat Talk Nation

April 21, 2015

Guest Lecturer: Rachel Rodgers, PhD

Decreasing Tanning Among Students: An Unexpected Minimal Intervention

March 23, 2015

Guest Lecturer: Jean Kilbourne, EdD

Falling in Love with Food: Advertising and Public Health

March 3, 2015

Guest Lecturer: Erica Kenney, ScD and Morgan Redman, MS

Are K-12 Schools Hurting Obese Students? A Qualitative Study of U.S. Classroom Teachers and Weight Bias

February 4, 2015

Guest Lecturer: Kerstin Blomquist, PhD

Evidence-based Policy Solutions to Prevent Eating Disorders: Should We Place Warning Labels on Fashion Advertisements?

November 10, 2014

Guest Lecturer: Emily Kroshus, ScD

Winning at What Cost? Concussions and Disordered Eating in Collegiate Sports

October 17, 2014

2013-2014

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN

Adolescent Obesity and Disordered Eating: How to Talk About Weight

Boston Children's Hospital Eating Disorder Case Conference

May 27, 2014

Guest Lecturer: Emily Kroshus, MPH

Dissertation Defense: Exploring the Influence of Within-Group Communication and Norms on the Health Behaviors of Collegiate Athletes

April 1, 2014

Guest Lecturer: Christina Roberto, PhD, and Brigitte Granger

Diet Industry Marketing Practices: The Problem's Scope & Solutions

April 1, 2014

Guest Lecturer: Rachel Rodgers, PhD, Northeastern University, Boston, United States

Unintentional Prevention in Eating Disorders: Potential Methodological and Practice Implications

Public Health Nutrition Program's Brown Bag Series

March 11, 2014

Guest Lecturer: Katherine Record, JD, MPH, MA

Spring 2014: Skeletal Is Still the Proverbial Black

Co-sponsored by STRIPED and Harvard Education and Research Center for Occupational Safety and Health.

February 10, 2014

Guest Lecturer: Manuela Ferrari, PhD, University of Toronto, Toronto, Canada

BODY Study Digital Vignettes for Eating Disorders Prevention

December 6, 2013

Guest Lecturer: Phillippa Diedrichs, PhD, Centre for Appearance Research at the University of the West of England: Bristol, Bristol, England

Policy Approaches to Improving Body Image and Preventing Eating Disorders: A Researcher's Perspective on Working With Government, Politicians and Policy Makers in the UK

December 6, 2013

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN

Eating Disorders: What, Why, and How Common?

Principles of Nutrition

December 3, 2013

Guest Lecturer: Phillippa Diedrichs, PhD, Centre for Appearance Research at the

University of the West of England: Bristol, Bristol, England

Body Politics: Translating Research Into Practice With Government, Politicians and

Policy Makers in the UK to Improve Body Image and Prevent Eating Disorders

December 3, 2013

Guest Lecturer: Dianne Neumark-Sztainer, PhD, MPH, RD, International Expert

Advisory Panel member

Family Meals: Key Findings From Project EAT and Future Directions

Nutrition Seminar Series

November 25, 2013

Guest Lecturer: Kendrin Sonneville, ScD, RD, LDN

Adolescent Nutrition: Obesity, Eating Disorders, and Integrated Prevention

Adolescent Health Course, Harvard Chan School

November 25, 2013

Guest Lecturer: Bryn Austin, ScD

Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach
to Prevention Science, Pipelines, and Workforce Training

School-Wide Hot Topics Seminar at Harvard Chan School

July 23, 2013

2012-2013

Guest Lecturer: Bernice Garnett, ScD, MPH

Dissertation Defense: The Intersections of Discrimination, Bullying, and Coping Among
Ethnically Diverse Urban Youth: Highlighting Weight-Based Discrimination Through a

Mixed-Methods Framework

April 17, 2013

Guest Lecturer: Bryn Austin, ScD

Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach to Prevention Science, Pipelines, and Workforce Training.

Harvard Chan School Maternal and Child Health Seminar Series

April 10, 2013

Film screening of documentary *Shredded*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender, and Health Concentration

February 19, 2013

Film screening of documentary *Absolutely Safe*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender, and Health Concentration

October 9, 2012

2011-2012

Guest Lecturer: Zali Yager, PhD, La Trobe University, Melbourne, Australia

School-Based Prevention of Eating Disorders and Obesity: The Role of Physical Education Teachers

Co-sponsored by STRIPED and Harvard Chan School Program in Public Health Nutrition

May 1, 2012

Film screening of documentary *Miss Representation*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

April 5, 2012

Guest Lecturer: Kendrin Sonneville, ScD

Eating Disorders and Obesity in Teens: The Role of Body Dissatisfaction

Seminar Series: Harvard Chan School Nutrition Seminar

March 26, 2012

Guest Lecturer: Monica Wang, ScD, MPH

Dissertation Defense: Risk and Protective Factors of Disordered Weight Control Behaviors

March 21, 2012

Guest Lecturer: Bryn Austin, ScD

Why We Need Eating Disorders Screening in High Schools

Legislative briefing at Massachusetts State House with Representative Kay Khan on Improving Early Intervention and Prevention by Adding Eating Disorders to Required Health Screenings in Schools.

In partnership with the National Eating Disorders Association, New York, NY, and office of Massachusetts Representative Kay Khan, Newton, MA

March 6, 2012

Guest Lecturer: Bryn Austin, ScD

Getting Eating Disorders Prevention on the Public Health Agenda: A Strategic Approach to Prevention Science, Pipelines, and Workforce Training

Seminar Series: Harvard Center for Population and Development Studies

February 9, 2012

Film screening of documentary *Beauty Mark: Body Image & the Race for Perfection*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

October 20, 2011

2010-2011

Film screening of documentary *DISFIGURED: A Movie About Women and Weight*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

February 24, 2011

Film screening of documentary *America the Beautiful*

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

October 27, 2010

2009-2010

Guest Lecturer: Jess Haines, PhD, MHSc, RD, International Expert Advisory Panel member

Prevention of Weight-Related Disorders in Youth

Harvard Chan School Maternal and Child Health Seminar Series

April 21, 2010

Guest Lecturer: Susan Paxton, PhD, International Expert Advisory Panel member
Body Image and Disordered Eating: Risk Factor Based Prevention Interventions and Public Health Initiatives

Co-sponsored by STRIPED and Harvard Chan School Women, Gender and Health Concentration

April 5, 2010

Guest Lecturers: Bryn Austin, ScD, Kendrin Sonnevile, ScD

Reduction of Shape and Weight Concern in Young Adolescents: A 30-Month Controlled Evaluation of a Media Literacy Program

Harvard Chan School Maternal and Child Health Journal Club

March 31, 2010

Guest Lecturer: Bryn Austin, ScD

What Will It Take to Bring Eating Disorders Prevention Into Focus as a Public Health Priority? Introducing a New Approach to Workforce Training

BCH Eating Disorder Cases Seminar Series

March 2, 2010

Policy Translation

How to Hold Social Media Platforms Accountable

Social media has become both a valuable tool and a potential source of harm for youth, with growing concerns about its impact on mental health and wellbeing due to deceptive design practices. To address these challenges, we have created model legislation, a comprehensive guide, and fact sheets to support advocates in fostering safer online spaces for youth. Our [*Roadmap: How to Hold Social Media Platforms Accountable*](#)

offers practical strategies for policymakers and advocates, including mandating independent algorithm risk audits and enhancing transparency on social media platforms. These tools empower lawmakers, advocates, and concerned individuals to drive meaningful change and promote a healthier digital environment for youth. In May 2026, STRIPED expanded this work through the release of *Social Media Platform Design, Algorithmic Systems, and Digital Harm: A Virtual Judicial Training for Judges and Law Clerks*, a specialized educational resource designed to help members of the judiciary understand how engagement-based algorithms, platform design features, and digital harms may intersect with legal claims involving youth mental health and wellbeing. The recorded training, together with STRIPED's Judicial Primer and related resources, is available on our [website](#).

Out of Kids' Hands Campaign to Ban Sale of Over-the-Counter Diet Pills and Muscle-Building Supplements to Minors

In a long-standing academic-community-government partnership, which began in 2015, STRIPED has teamed up with community partners the Multi-Service Eating Disorders Association, National Eating Disorders Association, Eating Disorders Coalition, Center for Science in the Public Interest, and many other organizations, along with lawmakers in multiple states to protect minors from dangerous over-the-counter diet pills and dietary supplements sold for weight loss and muscle building. Based on STRIPED legal and public health research, [legislation](#) first introduced in Massachusetts, followed by California, New York, Illinois, New Jersey, Connecticut, and Missouri has now being considered by lawmakers in states across the country to ban the sale of these deceptive and deleterious products to consumers younger than 18 years old. Since the first time our legislation was introduced in 2015, the campaign to ban the sale of diet pills and muscle-building supplements to minors has made tremendous gains with state lawmakers. STRIPED continues to generate and translate the overwhelming research evidence motivating these legislative efforts to keep dangerous diet pills and muscle-building supplements out of the hands of our youth. Legislation from the Out of Kids' Hands Campaign have now been filed by lawmakers in 15 states and is law in New York State since 2024. Since the establishment of the STRIPED Youth Corps in 2021, more than 150 high school youth have received training and hands-on field experience through our Out of Kid's Hands campaign in civic engagement.

Centers for Disease Control and Prevention (CDC) Eating Disorders Health Monitoring Project

The Centers for Disease Control and Prevention (CDC) monitors the health of people in the United States through public health surveillance, systematically collecting data to identify emerging health threats, track trends, and evaluate prevention efforts. When the

right questions are not asked, serious health problems can remain invisible; simply put, if you're not counted, you don't count. After STRIPED identified major gaps in federal surveillance of disordered eating behaviors among youth and adults, we launched a coordinated national response. In 2022, STRIPED established the [Eating Disorders Public Health Surveillance Working Group](#), an interdisciplinary collaboration that has grown to include members from upwards of 15 states, including state YRBS coordinators, epidemiologists, and public health and medical professionals. The group has created and disseminated practical surveillance resources, convened a national webinar in 2024, and provided technical assistance to states collecting and analyzing their own data. This work helped support studies using Arizona YRBS data to document rising rates and demographic disparities in unhealthy weight-control behaviors and Alaska YRBS data to examine the prevalence of binge eating and unhealthy weight-control behaviors, disparities across youth populations, and links with mental health and substance use. These studies are included in the Publications section of this Metrics Report. STRIPED has also led national organizations, including the Academy for Eating Disorders, Eating Disorders Coalition, and National Eating Disorders Association, in urging the CDC to restore and strengthen eating disorder surveillance. These efforts have contributed to disordered eating measures being adopted in states including Alaska and Arizona, the addition of a binge eating item to the National YRBS questionnaire in 2025, and letters from both the U.S. Senate and House of Representatives calling for federal action. STRIPED continues to work with the CDC, states, and national partners to strengthen the data infrastructure needed to make eating disorders visible, measurable, and actionable as a public health priority.

STRIPED Advocacy Playbook

Released in 2021, the [STRIPED Advocacy Playbook](#) uses tried and true strategies to make it easy for community change-makers to advocate for important advances that could help prevent eating disorders and promote body confidence. With help from colleagues at My Power People, Center Road Solutions, 1235 Strategies, and GQR, the Playbook offers a step-by-step guide for advocates to plan and organize campaigns for policy change and health equity. The STRIPED Advocacy Playbook offers valuable information for advocates interested in getting involved with eating disorders prevention campaigns, public health professionals wanting to put their ideas and research into policy action, and policymakers wanting to be leaders on these initiatives. Showcasing our current and new policy translation campaigns, the Playbook includes numerous resources on each specific policy campaign, including model legislation, fact sheets, and policy briefs. As a freely available tool on our website, the STRIPED Advocacy Playbook will offer a unique and accessible resource for anyone looking to promote body confidence and health equity through policy translation.

STRIPED's Response to the NTIA Kids Online Health and Safety Request for Comment

In October 2023, the National Telecommunications and Information Administration (NTIA) released a notice requesting public comments on “the current and emerging risks of health (including mental health), safety, and privacy harms to minors arising from use of online platforms” ([NTIA-2023-0008-0001](#)). Read [STRIPED's response](#) on the Initiative to Protect Youth Mental Health Safety and Privacy Online.

The Real Cost of Beauty Ideals

This study was conceived through a collaboration of the Dove Self-Esteem Project (DSEP) and STRIPED and conducted in collaboration with Deloitte Access Economics. With this study, we take aim at racist and gendered societal appearance ideals, bringing much-needed scrutiny to a domain of inequity that for too long has been relegated to the periphery of economic and social inquiry, no doubt both a consequence and a cause of the comparatively small research literature investigating this domain. The [report](#) provides overwhelming evidence that body dissatisfaction and appearance-based discrimination, including weight- and skin-related discrimination, are a multi-billion-dollar public health crisis that costs people of all genders, but women and girls especially, their health, happiness, and sometimes their lives. Harmful beauty ideals cost the U.S. economy \$305B due to body dissatisfaction and \$501B due to appearance-based discrimination annually, combining estimates of financial costs and lost well-being.

Comparative Cost-Effectiveness Analysis of Five Public Health Approaches to Eating Disorders Prevention in the United States

Eating disorders cases in young people have doubled since the beginning of the COVID-19 pandemic. The need for treatment far outstrips the capacity of the healthcare system, underscoring how vital primary and secondary prevention are. This [comparative cost-effectiveness study](#), the first of its kind in the field, explored the economic case for implementing five policy and programmatic approaches to eating disorders prevention, namely: 1) school-based screening, 2) primary care-based screening, 3) school-based universal prevention, 4) excise tax on diet pills, and 5) restriction on youth purchase of diet pills. The findings of this study highlight the potential cost savings and gains in health that could be achieved by advancing a policy agenda for eating disorders prevention.

Social and Economic Cost of Eating Disorders in the U.S. Report

In collaboration with the Academy for Eating Disorders and Deloitte Access Economics, STRIPED led an initiative to carry out the [most comprehensive](#)

[examination to date](#) of the social and economic burden of eating disorders in the United States. In addition to estimating the direct cost of treatment for eating disorders, the report, published in 2020, documents a range of additional economic costs, including informal care giving, productivity, and broader costs to society and estimates substantial losses in wellbeing. We now have critical economic data to estimate the immense impact eating disorders have on the U.S. population and economy. We are excited to use this groundbreaking report to aid our present and future policy work. STRIPED is working side by side with our many community partners to bring these findings to key decision makers in government and healthcare. To help local advocates leverage our findings and motivate decision makers to take action in their own communities, we also created fact sheets with the key findings tailored for each state.

Health in the Fashion Industry

Through another academic-community-government partnership, STRIPED and community partners Model Alliance and National Eating Disorders Association worked with California Assemblymember Marc Levine to protect the safety, health, and wellbeing of models, and change the messages girls and young women receive about what our society values. In 2016, Assemblymember Marc Levin introduced California A.B. 2539: An Act protecting the health and safety of fashion models, the first bill in the United States to directly address the problem of coerced starvation and eating disorders in the fashion industry to protect the health and well-being of professional models. Sparked by STRIPED legal research led by STRIPED Collaborating Mentor Katherine Record reported in the *American Journal of Public Health* article “‘Paris thin:’ A call to regulate life-threatening starvation of runway models in the U.S. fashion industry,” this bill was designed to ensure that all modeling agencies operate under the California Talent Agency Act, which would provide necessary worker health and safety protections for models. This bill also clarified that models are employees of the brands they represent, rather than independent contractors, ensuring that models are granted worker health and safety protections that all employees have in California. In the subsequent legislative session, January 2018, our same team of experts and advocates provided the research evidence supporting Assemblymember Levine in filing California AB 2338 to protect the health of professional fashion models working in California. The bill, which builds on CA AB 2539 from the previous legislative session, addresses the problem of eating disorders and sexual harassment in the fashion industry by requiring talent agencies to provide sexual harassment prevention and health standards training programs to employees, actors, models, and other entertainers. The bill was signed into law as the Talent Protections Act in September 2018.

Global Regulation of Weight-Loss Supplements

Through a global, comparative public health research initiative, STRIPED conducted a comprehensive policy scan examining how federal governments worldwide regulate dietary supplements marketed for weight loss. This work resulted in the creation of an international regulatory [database](#) and the [publication](#) of two peer-reviewed papers documenting widespread regulatory gaps. Despite well-documented health risks, including serious adverse events, the findings revealed that weight-loss supplements remain loosely regulated in most countries, are often widely available with minimal oversight, and typically enter the market without rigorous pre-market safety evaluation. To extend this work and address persistent language and data gaps, STRIPED subsequently launched an international survey of regulators, industry leaders, and academic experts to deepen understanding of regulatory practices and enforcement challenges across regions. Together, this body of work provides a critical comparative tool to inform advocacy efforts and support stronger global regulation of weight-loss supplements to protect consumer health. STRIPED thanks Visiting Scholar Sarith Felber for her key contributions to the conceptualization of this pilot study.

Height and Weight Discrimination

Collaborating with community partners, STRIPED is helping to leverage the research evidence to support legislation to make discrimination based on height and weight unlawful. Massachusetts lawmakers Rep. Tram Nguyen and Sen. Rebecca Rausch are leading efforts in the state, and we are providing valuable research evidence to support similar efforts in New York and New Jersey. Unlike many other forms of discrimination, discrimination based on height and weight remain legal in all states except Michigan. If eventually passed, this bill would add height and weight to the list of unlawful forms of discrimination in Massachusetts and would provide a legal remedy to those who have experienced discrimination in employment, housing, education, and public accommodations based on their height or weight.

Digitally Manipulated Advertisements

STRIPED research provided the basis for the first bill in the country to address the widespread issue of digitally manipulated images in advertisements and introduced by Massachusetts Rep. Kay Khan and Senator Rebecca Rausch. If passed in Massachusetts, An Act relative to mental health promotion through realistic advertising images, would create a new tax credit for companies that demonstrate commitment not to alter models' appearance in terms of age, skin shade, and body size and shape in advertisements for apparel, cosmetics, and personal care products.

Banning Natural Hair Style Discrimination

STRIPED is proud to support the Massachusetts efforts to advance the Creating a Respectful and Open World for Natural Hair (CROWN) Act, legislation aimed to combat discrimination based on race-based hair styles. The CROWN Act has been passed in 19 US states and 43 cities already. In Massachusetts, where the bill was sponsored by Massachusetts Representatives Steven Ultrino and Chynah Tyler and Senator Adam Gomez, STRIPED created opportunities for public health graduate students to gain vital research-to-policy-translation experience to support with this important social justice initiative. We were proud to be part of the coalition supporting the bill, which was signed into law in Massachusetts in 2022.

Advocacy Day Travel Scholarships

2025-2026

Trainees earning scholarships in spring 2025 to attend the Eating Disorders Coalition Capitol Hill Advocacy Day: Dougie Zubizarreta, Toshali Katyal, Ariel Beccia, Bo Wang

2024-2025

Trainees earning scholarships in spring 2025 to attend the Eating Disorders Coalition Capitol Hill Advocacy Day: Chloe Gao, Ariel Beccia, Laura Torrent, Dougie Zubizarreta

2023-2024

Trainees earning scholarships in spring 2024 to attend the Eating Disorders Coalition Capitol Hill Advocacy Day, held in person again for the first time since the COVID-19 pandemic began: Ariel Beccia, Abigail Bulens, Chloe Gao, Ahmed Nawar

2022-2023

Trainees earning scholarships in spring 2023 to attend the Eating Disorders Coalition Capitol Hill Virtual Advocacy Day: Lamia Ayaz, Ariel Beccia, Charlotte Chiang, Nat Egan, Chuying Huo, Taline Nahapetian, Pari Patel, Arshia Verma, Emmanouil Vourvahakis

2021-2022

Trainees earning scholarships in spring 2022 to attend the Eating Disorders Coalition Capitol Hill Virtual Advocacy Day: Ryan Ahmed, Ariel Beccia, Mimi Cole, Yaen Chen, Saket Datla, Najman Mahboub, Stacie June Shelton, Edward Thomas

Trainees earning scholarships in spring 2022 to attend the virtual International Conference on Eating Disorders: Maya Azar-Atallah, Upanita Barman, Destiny Jackson, Mary Lee, Funmbi Okoya

2020-2021

Trainees earning scholarships in spring 2021 to attend the Eating Disorders Coalition Capitol Hill Virtual Advocacy Day: Shradha Chhabria, Deepa Manjanatha, Kenny Nguyen, Meg Salvia, and Kelsey Wu

Trainees earning scholarships in spring 2021 to attend the virtual International Conference on Eating Disorders: Ariel Beccia, Alice Lowy, Rachel Plummer, Kelsey Rose, Meg Salvia

2019-2020

Trainees earning scholarships in spring 2020 to attend the Eating Disorders Coalition Capitol Hill Advocacy Day: Amanda Bryson, Haidee Cano, Cindy Chwa, Sydney Hartman-Munick, Niyaz Mohammadzadeh Honarvar, Kripa Jalan, Jessica Lin, Andrea Lopez-Cepero, Alice Lowy, Cameron Nereim, Rachel Plummer, Claire Roux, Haitham Shoman, Marlena Skrabak, Mai-Han Trinh, Bree Wilhite Conway

Trainees earning scholarships in spring 2020 to attend the virtual International Conference on Eating Disorders: Tammy Yan, Todd Liou, Haidee Cano, Kendall Sharp, Kelsey Rose, Mai-Han Trinh, Claire Roux, Kripa Jalan, Niyaz Mohammadzadeh Honarvar, Haitham Shoman, and Bree Wilhite Conway

2018-2019

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Advocacy Day in spring 2019 semester: Elizabeth Byrnes, Estivaliz Castro, Phoebe Garcia, Ryan Golt, Amanda Graff, Isabel Janmey, Claire Lamneck, Jordan Levinson,

Molly Rafferty, Jane Rho, Kendall Sharp, Lily Shay, Thamara Subramanian, Frances Tao, and Bree Wilhite

2017-2018

Trainees earning scholarships to attend the Eating Disorder Coalition Capitol Hill Advocacy Day in fall semester: Avanti Adhia, Katelyn Ferreira, Ali Greatsinger, Laura Hart, Jessica Huang, Tariana V. Little, Blair Robinson, and Breanne Wilhite

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Advocacy Day in spring semester: Rohit Abraham, (Borna) Nazmim Bhuiya, Payal Desai, Ijeoma Ezeofor, Begum Kalyoncu, Anqa Khan, Leena Kulkarni, Jessica Oh, Nicolle Potvin, and Alvin Tran

2016-2017

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Advocacy Day in spring semester: Monica Kriete, Supriya Misra, Kuanysh Yergaliyev, and Kimberly Yu

2015-2016

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in fall semester: Katie Cueva, Mary Gorski, Jill Ann Goslinga, Katherine Howe, Xindy (Cindy) Hu, and Anvita Kulkarni

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in spring semester: Alice Lowry and Kajal Mehta

2014-2015

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in fall semester: Luke Allen, Nadia Craddock, Carly Guss, Jill Merrigan, Morgan Redman, Morgan Shields, Sonya Swanson, and Alvin Tran

Trainees earning scholarships to attend the Eating Disorders Coalition Capitol Hill Lobby Day in spring semester: Nadia Craddock, Katherine Heflin, Grace Kennedy, and Jill Merrigan

Publications

Research Articles

Compte EJ, Cañón-Maureira S, Ugarte-Pérez C, Díaz-Castrillón F, Aguirre-Cavalla M, Henríquez C, García-Moreno N, Quezada-Núñez S, Torres DV, Araya-Estay I, Pescetto-Godoy I, Austin SB. Extending the tripartite influence model: Sociocultural predictors of muscularity-oriented disordered eating in men. *Body Image*. 2026;58:102134.

Elkins A, Staviss R, Sarda V, Vanderlee L, Hammond D, Austin SB, Raffoul A. Disordered eating, self-reported nutrition knowledge, and online nutrition information seeking among an international sample of adults. *Journal of Nutrition Education and Behavior*. 2026. [Epub ahead of print.]

Gordon AR, Flesaker M, Rohac R, Bailar S, Tan ASL, Austin SB. Association of exposure to online harassment and stigma with mental health among transgender and nonbinary young adults in the United States. *Journal of Adolescent Health*. 2026;79(2):226–233.

Craddock N, Austin SB, Or F, Rodtanaporn W, White P, Chua SN. Skin shade discrimination is associated with disordered weight control behaviors in Hong Kong, Malaysia, Singapore, and Thailand. *International Journal of Eating Disorders*. 2026;59(9):1945–1956.

Milliren CE, Zamora G, Acosta-Mercado L, Lin JA, Gooding HC, Richmond TK, Austin SB, Nagata JM. Individual, school, and neighborhood influences on disordered eating behaviors in adolescence and eating disorders in young adulthood. *Health & Place*. 2026;99:103664.

Huang S, Huo C, Kavanaugh JR, Ponnusamy P, Dagade Y, Berish C, Austin SB. The role of generative AI in public health advocacy: Two case studies for eating disorders policy. *International Journal of Eating Disorders*. 2026;59(7):1445–1450.

Beccia AL, Liu L, Delaney S, Zubizarreta D, Ross N, Austin SB. Mapping the costs of mental health- and substance use-related grant cancellations. *SSM Ment Health*. 2026;9:100610.

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STRIPED is committed to working toward putting an end to weight stigma. To address weight stigma in public health research, policy, and practice, STRIPED collaborators Laura Hart, Katelyn Ferreira, Suman Ambwani, Erin Gibson, and Bryn Austin, conducted a Delphi expert consensus study with a group of experts from the fields of eating disorders, fat activism, and public health to identify ideas and actions supported by high levels of consensus across fields.

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STRIPED is committed to eating disorders prevention for the health of Americans given the economic burden of eating disorders on an already stressed economy. In addition to the scientific publication, a full report can be downloaded for free on the STRIPED website: <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders/>. The costs of eating disorders by US state are also available as an interactive map on our website: <https://www.hsph.harvard.edu/striped/economic-costs-of-eating-disorders-by-state/>. To address the wide-reaching economic impacts of eating disorders, STRIPED collaborators Rebecca Hutcheson, Johanna Kandel, Elissa Myers, Tracy Richmond, Mihail Samnaliev, Katrina Velasquez, and Bryn Austin, conducted the most comprehensive study on the social and economic costs of eating disorders in the United States with a group of experts from the fields of eating disorders, public health, adolescent preventive medicine, health law, policy, and economics, finding the astounding \$65 billion that eating disorders cost the economy in 2018-19.

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Blog Posts and Commentaries

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Austin SB, Raffoul A. [A new Trump administration will further loosen already-lax rules on supplements](#). *STAT News*, 2024.

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Beccia A. The Data Purge Domino Effect. The Codcast, Commonwealth Beacon. March 17, 2025.

Austin SB. The Future of Dietary Supplements Under Trump's FDA. KQED's Forum. February 7, 2025.

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Youth Corps and Trainee Blog Posts and Commentaries

Abdel Nour J. [Opinion: Gen Z's battle against diet culture and toxic supplements](#) Hartford Courant, 2026.

Mahbouba N. [The Need to Implement an Age Restriction on U.S. Dietary Supplements](#). Kennedy School Review, 2023.

Chung J, Huang S. [Turning the corner against eating disorders](#). New York Daily News, 2022.

Ojumu D, Hodi C. [The government can \(and should\) make social media platforms safer for young users](#). Common Dreams, 2022.

Dunk R. [Eating disorders are ravaging young people](#). Commonwealth Magazine, 2022.

Reports, Policy Briefs, Infographics, Fact Sheets

In addition to the reports and policy briefs below, the STRIPED website is home to many infographics and fact sheets. These documents serve as public-facing educational resources that articulate complex research findings to policymakers, advocates, community partners, youth, journalists, and members of the public. Some infographics are used to appeal to audiences on a national level, such as "A Threat to Health Equity." While others, such as *campaign fact sheets* are adapted to reflect state-specific legislation, evidence, economic analyses, or advocacy needs. For example, the California fact sheet translates research into a state-specific advocacy resource by presenting California-specific estimates of the health and economic impact of eating disorders, explaining the proposed legislation of AB2030, and outlining its potential benefits for young people and the state.

Pomeroy G, Santoso M. (2022). [Green Tea Extract is a Liver Toxin](#).

Costello N, Kavanaugh JR, Berish C, Keane M, Appel J, Bromberg M, Austin SB. Understanding Algorithms and Platform Design: A Judicial Primer on Algorithmic Systems and Digital Harm. Boston, MA: STRIPED (Strategic Training Initiative for the Prevention of Eating Disorders); February 23, 2026. <http://hsph.me/algorithm-auditing>

Costello N, Almassian M, Sutton R, Jones M, Diamond S, Ojumu O, Raffoul A, Salvia M, Kavanaugh J, Austin B. (2024). [How to Hold Social Media Platforms Accountable](#).

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Costello N, Almassian M, Sutton R, Jones M, Diamond S, Ojumu O, Raffoul A, Salvia M, Kavanaugh J, Austin B. (2024). How to Hold Social Media Platforms Accountable: Science Summary: [The Impact of Social Media on Teen Health](#).

Bulens A. (2024). [Economic Case for Diet Pill Restrictions](#).

Bulens A. (2024). [Protect the Health of Massachusetts' Children](#).

Santoso M. (2022). [Massachusetts H.2215/S.1465 At a Glance: An Act Protecting Children from Harmful Diet Pill and Muscle-Building Supplements](#).

Strategic Training Initiative for the Prevention of Eating Disorders, Dove Self-Esteem Project, and Deloitte Access Economics. (2022). [Body dissatisfaction and appearance-based discrimination are a public health crisis](#).

Strategic Training Initiative for the Prevention of Eating Disorders and Dove Self-Esteem Project. (2022). [End Height and Weight Discrimination in Massachusetts](#).

Austin B, Donohue K, Ferreira K, Manjanatha D, Meute J, Olsen M, Raffoul A, Skrabak M, Vitagliano J and My Power People, Center Road Solutions, 1235 Strategies, and GQR. (2021). [STRIPED Advocacy Playbook](#).

Ahmed R. (2021). The Voices of 437 California Youth: The Dangers of Diet Pills in Youth.

Ahmed R. (2021). [The Voices of 510 New York Youth: The Dangers of Over-the-Counter Diet Pills and Muscle-Building Supplements for Youth.](#)

Skrabak M. (2021). [Supplement Stories - News Summary: Tragic Injury and Loss of Life Linked with Dietary Supplements Sold for Weight Loss and Muscle Building.](#)

Strategic Training Initiative for the Prevention of Eating Disorders, Deloitte Access Economics, and Center Road Solutions. (2021). [Economic Costs of Eating Disorders by State.](#)

Strategic Training Initiative for the Prevention of Eating Disorders, Deloitte Access Economics, and Center Road Solutions. (2021). [The Social and Economic Costs of Eating Disorders in the United States.](#)

Tschampl C. (2021). [Protecting Massachusetts' Future by Improving the Health and Safety of for Children.](#)

Conducted by Dr. Cynthia Tschampl, this policy brief indicated that if passed, H.4271/S.1525, An Act protecting children from harmful diet pills and muscle-building supplements, would incur a one-time cost of 850 state staff hours, valued at \$44,529.

Vitagliano J. (2021). [Supporting the Ban on Body Size Discrimination: What Massachusetts Can Do to Promote Social Justice and Health Equity.](#)

Vitagliano J. (2021). [A Threat to Health Equity: Weight-Loss Supplements are Dangerous.](#)

Hart LM, Ferreira KB, Ambwani S, Gibson EB, Austin SB. (2020). [A Roadmap for Addressing Weight Stigma in Public Health Research, Policy, and Practice.](#)

Ivie A. (2020). [Dietary Supplements Regulation: A Call for Proactive Strategies to Protect Children and Young Adults from Supplements Sold for Weight Loss and Muscle Building.](#)

Gibson E. (2019). [Out of Kids' Hands: What Massachusetts Can Do to Regulate the Sale of Diet Pills and Muscle-Building Supplements.](#)

Gibson E. (2019). [Are Over-the-Counter Diet Pills and Muscle-Building Supplements Safe? Research Studies Show the Answer is No.](#)

Kriete M. (2019). [Policies to Address Weight Stigma and Discrimination in Massachusetts. Policy brief for H.3413 and S.1012, An Act making discrimination on the basis of height and weight unlawful.](#)

Kriete M. (2019). [What Do Dietary Supplements Have to Do With Eating Disorders Prevention? Policy brief for Massachusetts H.1195 and H.1942, An Act protecting children from harmful diet pills and muscle-building supplements.](#)

Kriete M. (2018). [Regulating Digitally Manipulated Advertising in the United States to Prevent Eating Disorders. Policy brief for Massachusetts H.3892, An Act relative to mental health promotion through realistic advertising images.](#)

Kriete M. (2017). [Fighting Weight Discrimination in Massachusetts. Policy brief for Massachusetts H.952, An Act making discrimination on the basis of height and weight unlawful.](#)

Interactive Online Search Tools and Resources

Strategic Training Initiative for the Prevention of Eating Disorders. STRIPED FDA Docket Explorer. Harvard T.H. Chan School of Public Health. Accessed January 24, 2025. <https://hsph.harvard.edu/research/eating-disorders-striped/dietary-supplement-search-tools/striped-fda-docket-explorer/>

Strategic Training Initiative for the Prevention of Eating Disorders. Dietary Supplement Label Explorer. Harvard T.H. Chan School of Public Health. Updated November 24, 2024. Accessed January 24, 2025. <https://striped-dietary-supplement-label-explorer.hsph.harvard.edu/>

Strategic Training Initiative for the Prevention of Eating Disorders. Economic Costs of Eating Disorders State-Level Map. Harvard T.H. Chan School of Public Health. Updated June 2020. Accessed January 24, 2025. <https://hsph.harvard.edu/research/eating-disorders-striped/research-reports/economic-costs-eating-disorders/>